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— COOL

COPYCAT RECIPES

**Cookbook 2021 - 150 Delicious Copycat from
the Most Famous Secret Restaurant Recipes
to Make at Home**

By,

Karen Loss

ABOUT THE AUTHOR



I am a life coach, an author, and affirmed expert in healing nutrition and hypnotherapy. I love helping women live better in the modern world, overcoming the difficulties they face every day, and feeling happier.

During my 20 years as a coach, I have helped people overcome the fear of abandonment, manage insecurity, stop overthinking, reduce stress and anxiety, beat insomnia, lose weight and increase mental toughness.

My mission is to help others build self-confidence, self-esteem, self-acceptance, and self-love to become truly happy with their lives.

I do this work very effectively because I suffered a lot from the lack of self-confidence and self-love. I know how it isn't easy to feel happy in this modern world. Overcoming my difficulties has made me even more determined to help others to do the same.

Nowadays, people often feel lost, sad and insecure. I created a series of books about self-help in modern society. All my books will help you feel better in the modern world and build your best life ever!

Karen Loss

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MESSAGE TO READERS

INTRODUCTION

Your life is happiness and joy, but the food is always functional to live. People have different desires and preferences, but many believe in experimenting and pursuing pleasure in their activities. Obviously, we eat to live but want to be happy and enjoy every moment of life at the same time. Here we emphasize food as one of the essential habits that lift our spirits and give satisfaction and relaxation.

Sometimes our favorite foods' consumption causes adverse effects on our body, such as guilt and remorse. Do we think about minimizing the negative impacts that food has on our mood and maximizing the positive ones? You must be!

In this book, you will read enough, learn enough, and practice to cook your favorite recipes at home that you love the most for a fraction of the cost of dining out. Read and follow step-by-step instructions given with all unique dishes that draw people into restaurants, and you will get surety of the food you cook under hygienic conditions since you will be making it yourself. All recipes in this book contain primary ingredients available in almost any grocery store to prepare these delicious meals.

Benefits and Uses of Copycat Recipes at home

Let's explore why you should consider having your cooking dinner tonight!

A Nutrient-Dense Plate: You might have insufficient knowledge about the quantity of salt, sugar, and processed oils if prepared food arrives from outside the home. Many people apply more salt to their meal when served to the table. Probably you ask how much salt, sugar, and oil are used to prepare meals at home.

Over Intake of Fruit and Vegetable: You have complete control over the food you consume daily. You can make it more convenient for yourself. All you need is to pay attention to the intake of more fruit and vegetables. Try to include them in your cooking, or exchange them with your relatives on their way. Organic alternatives would be a great idea. However, it is better to eat every kind of vegetable and fruit, whether organic or processed foods.

Use what you have and Save Money: You might not have visited your local health food store, probably, but that doesn't mean you get stuck with taking in. Go ahead and open your fridge to check for

what you can prepare for a meal. It can be as easy as gluten-free rice, frozen vegetables, roasted tomatoes, carrots, and lemon juice. This simple meal is a pack containing vitamins, fiber, protein, and minerals. Best of all, delicious and can be prepared quickly in less than 30 minutes. It's a money-saving approach in the long run and allows you sufficient food to share with or to have a break the next day.

Relevant Snacking: Bringing premade snacks is time savvy, but everything goes back to what's in these products. It is not required to give up any of your favorite treats, as there is always a way to make them nutritious-rich and often tastier. Swap your chips and dip the chopped vegetables into hummus. Make your snacks with bagged carrots or potato chips. Go ahead, take a bowl to make your popcorn on top of your stove or in the popcorn machine. You can add the desired quantity of sugar, salt, and oil.

Share Your Delicious Foods: You must feel proud of yourself once you prepare a recipe, even if the food doesn't taste fantastic. Don't confuse yourself; some of your recipes won't taste the same thing, but friends and family will love your cuisine with constant practice and experimentation. Perfection comes with continuous training and experimenting, and you will see your nearest ones enjoying the best nutritious food because of you and your faith in spreading health and love.

A Chance to Reconnect: Cooking is an excellent opportunity to reconnect with your partner, family, and friends. Cooking also has other benefits. The American Psychological Association emphasizes that working together with something new — like learning a new recipe— can help maintain good relationships.

Proven Health: Food is always in your control if you have normal or satisfactory health. Whether you put fresh products together or shipped them straight to your door using any supply company, it would make changes in your overall health.

Time Savior: Waiting for receiving food items at your home or visiting a shopping store is a part of shopping. The time is dependent on your location. It will take much time if you visit a store located far away from your home. It may also take much more time to receive your food order through any supplier company. Use services like Plated to receive your food orders in the given delivery time. Now enjoy cooking delicious recipes at home with your loved ones.

Cut Your Costs: You will not hear something like it's pricey to eat out. There is a disparity between a local restaurant sandwich and a kitchen sandwich. The purchasing of packaged food in a restaurant typically costs far more than the purchase of your products. Home cooking lets you get more food for your money by raising the excess expenses of restaurants. The more often you make your food, the more money you save.

Enjoying: On returning from work to your home comfort, you feel tired but feel free simultaneously after disconnecting from work emails, voicemails, unfinished assignments, or homework. Cooking at home presents you with a break from your routine and space for imagination. Rather than listen to noisy messages, you should put on the radio, collect spices, and reflect on the odors that sizzle on the stove or roast vegetables. It will be surprising for you and you will like it a lot when you make such a great daily habit of preparing food.

150 COPYCAT RECIPES MAKING

CATEGORY 1 RECIPES - Red Lobster

1. Copycat: Chipotle Southwest Sauce



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Ground cumin (25 tsp.)
- Dried dill (25 tsp.)
- Plain Greek yogurt (.33 cup)

- Chopped cilantro (.25 cup)
- Kosher salt (as desired)
- Chipotle chiles in adobo sauce (1 + 1 tsp. sauce canned)
- Mayonnaise (.5 cup)

DIRECTIONS:

1. Toss each of the fixings into a food processor.
2. Puree until creamy (2-3 min.).
3. Refrigerate in a glass mason jar for three to four weeks.

2. Copycat: Red Lobster Cheddar Biscuits



Preparation time: 50-minutes Cooking time: 12-minutes Servings: 10

INGREDIENTS:

- 2 tsp baking powder
- 4-eggs, beaten
- 2 tbsp butter, melted
- 1 tsp garlic powder
- a pinch of black pepper
- 2 cups cheddar cheese, shredded
- 1 cup almond flour
- 1 tbsp fresh parsley, finely chopped

DIRECTIONS:

1. Take a mixing bowl and combine the almond flour, eggs, baking powder, cheddar cheese, black pepper, and garlic powder.
2. Then you need to line a baking sheet with a silicone mat.
3. Equally, divide the dough into 10-biscuits. Place each biscuit on the baking sheet.
4. Preheat the oven to 400 degrees F.

5. Now, start baking the biscuits for about 12-minutes or until they are thoroughly cooked.
6. Transfer the biscuits to a serving plate.
7. Pour the batter on the biscuits and top with parsley. Serve while still warm.

3. Copycat: Red Lobster Crab Alfredo



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Fresh parsley (2 tbsp. + more for garnish)
- Freshly grated parmesan (1.5 cups + more for the garnish)
- Lump crab meat (1 lb.)
- Juice of 1/2 lemon
- Fettuccine or linguine (12 oz.)
- Old Bay (1-tbsp. + more for sprinkling)
- Butter (3 tbsp.)
- Heavy cream (1 cup)
- Chicken broth
- Low sodium (1 cup)
- Garlic cloves (3 minced)
- All-purpose flour (3 tbsp.)
- Freshly cracked black pepper
- Kosher salt

DIRECTIONS:

- 1) Toss the salt into a large pot of boiling water. Prepare the noodles until they are al dente. Drain and toss back into the pot.
- 2) Add the butter to a frying pan using the medium heat setting.
- 3) Mince and add the garlic and sauté for about one minute. Sift in and stir the flour lightly browned.
- 4) You need to pour the chicken broth and heavy cream into the pot and simmer until it gets thickened.
- 5) Add the parmesan, Old Bay, salt, and pepper, and let melt for about two minutes. Fold in the parsley and crabmeat, tossing until coated. Lastly, add the linguine and stir it well.
- 6) Garnish with chopped parsley, parmesan, Old Bay, and a squeeze of lemon.

4. Copycat: Red Lobster Garlic Shrimp Scampi Keto



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Butter microwaved for 15 seconds to soften (3 tbsp.)
- Olive oil (1 tsp.)

- Garlic clove (3 minced)
- Lemon juice (Half of 1 lemon)
- Low-sugar dry white wine
- Jumbo shrimp (1 lb.)
- McCormick's Montreal Chicken Seasoning (1 tsp.)
- Italian Seasoning (1 tsp.)
- For the Garnish: Chopped parsley
- Black pepper & salt (as desired)
- Pinot Grigio (1 cup) Or vegetable/chicken broth (1 cup)
- Optional: Red pepper flakes (1 tsp.)
- Freshly grated parmesan cheese (.25 cup)

DIRECTIONS:

- 1) Peel and devein the shrimp. Give it a good shake of salt, pepper, and chicken seasoning to your liking.
- 2) Add the oil and warm a skillet using the med-high temperature setting.
- 3) Toss the shrimp into the pan for three to four minutes. Once it turns pink, set it aside for now.
- 4) Start adding the garlic & sauté until fragrant (1-2 min.).
- 5) Add and simmer the lemon juice, wine, Italian Seasoning, and pepper flakes (1-2 min.). Set to low for two more minutes.
- 6) Add the butter to the skillet and toss the shrimp back into the pan. Simmer for one to two minutes and serve using parsley and parmesan cheese.

5. Copycat: Red Lobster Tartar Sauce





Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Carrots (1 tbsp.)
- Sweet pickle relish (2 tbsp.)
- Sugar (1 tbsp.)
- Mayonnaise (1 cup)
- Onions (3 tbsp.)

DIRECTIONS:

- 1) Finely dice the onions and mince the carrots.
- 2) Combine all of the fixings and mix well.
- 3) Keep in a refrigerator for at least 2-hour, preferably overnight.

**6. Copycat: Progresso plain panko crispy
breadcrumbs**





Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Butterflied shrimp (. 5lb uncooked extra-large 16-20 count)
- Cornstarch (.25 cup)
- Salt (.25 tsp.)
- Concentrated frozen & thawed Pina colada mix (.5 cup)

DIRECTIONS:

- 1) Devein and peel the shrimp. For butterfly shrimp, place the shrimp on a cutting board and carefully run the tip of a knife. Do not cut the way through, around outside of every shrimp from head-to-tail. Open the shrimp and gently flatten with the tail on top.
- 2) Combine the sauce fixings. Cover and refrigerate until needed.
- 3) Now, mix the breadcrumbs and coconut in a shallow container. Spoon 1/2 cup of the thawed piña colada mix into a small bowl.
- 4) In another container, mix the salt and cornstarch. Working with 2-3 shrimp at a time, cover the shrimp in the cornstarch mixture, dip into the piña colada mix, into the breadcrumb mixture, and coat
- 5) pressing lightly to adhere.
- 6) Take a 4 to 5-quart Dutch oven and warm about 2-inches of oil up to 350° Fahrenheit. Add in the shrimp to hot oil and cook until lightly brown (2-3 min.).

- 7) Carefully transfer onto a paper-lined plate for a few minutes before serving with the sauce.

CATEGORY 2 RECIPES - Outback Steakhouse

7. Copycat: Outback Steakhouse Bread



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Warm milk (45 seconds in the microwave or 110° Fahrenheit)
- Also Needed: 2 loaf pans
- Tapioca flour (1 cup)
- Salt (1 tsp.)
- Melted butter (2 tbsp.)
- Honey (.5 cup)
- Cornstarch (.5 cup)
- Sorghum flour (.66 cup)
- Cocoa (1 tbsp.)
- Granulated sugar (1 tbsp.)
- Brown rice flour (.5 cup)
- Garbanzo flour (1 cup)
- Instant coffee (2 tsp.)
- Yeast (2.5 tsp.)

- Xanthan gum (2 tsp.)
- Wet Fixings:
- Eggs (2)
- Egg white (1)

DIRECTIONS:

- 1) Set the oven at 350° Fahrenheit.
- 2) Whisk the dry fixings into a mixing container, adding the wet ones using an electric mixer (low setting). When combined, switch and mix on high for four (4) minutes.
- 3) Lightly spritz the pans using a cooking oil spray and flour. Add the dough and cover using a layer of plastic wrap. Put the dish aside to rise for 90 minutes. (Fill a pan of hot water and place it in the oven. Put the bowl above it.) The loaves should double in size. Finally, bake the loaves for about 20-25 minutes.

8. Copycat: Outback Steakhouse Tiger Sauce



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Fresh dill (2 tsp.) or Dried dill weed (2 tsp.)
- Sour cream (1 cup)
- Prepared horseradish (.25 cup)

DIRECTIONS:

- 1) Whisk all of the fixings in a small mixing container.
- 2) Chill in the fridge a minimum of four hours using an airtight container.
- 3) It's recommended to let the flavors mix for a day or

two before using them for the best flavor results.

9. Copycat: Bloomin' Onion Dipping Sauce Outback Steakhouse



Preparation Time: 10-minutes Cooking Time: 25-minutes Servings: 4

INGREDIENTS:

- Dried oregano (.125 tsp.)
- Garlic powder (.125 tsp.)
- Black pepper & Cayenne (1-dash each)
- Prepared horseradish (2 tbsp.)
- Paprika (.25 tsp.)
- Mayonnaise (.5 cup)
- Ketchup (2 tsp.)
- Salt (.25 tsp.)

DIRECTIONS:

- 1) Whisk each of the fixings in a mixing container.
- 2) Serve now or store for later in the fridge.
- 3) It will remain delicious for up to one week.

10. Copycat: Outback Steakhouse - Alice Springs Chicken



Preparation time: 55 minutes Cooking time: 25 minutes Servings: 4

INGREDIENTS:

- For the sauce:
- 1/2 tsp garlic powder
- 2 tbsp yellow mustard
- 1 tbsp swerve, confectioners
- 1/4 tsp paprika
- 1/2 cup mayonnaise
- 2 tbsp Dijon mustard
- 2 tsp apple cider vinegar
- For the chicken:
- 1/4 tsp pepper
- 1 1/2 cups cheddar cheese, shredded
- 4-slices bacon, cooked
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 4, 1.5 lb. thin chicken breasts
- 8 oz button mushrooms, sliced
- 1 tbsp butter
- 1/4 tsp salt

- For the toppings:
- scallions

DIRECTIONS:

- 1) In a mixing bowl, add all the sauce and whisk ingredients until the texture becomes smooth.
- 2) Put aside half of the sauce mixture to be served later as a dip.
- 3) Put the chicken breasts in the remaining half of the sauce. Mix well. Start covering the mixing bowl & put it in the refrigerator to marinate the chicken for at least 2-hour.
- 4) You need to take a skillet & put it over medium heat to melt the butter. Sauté the mushrooms for 5 minutes or until they become tender. Now, you need to turn off the heat & set aside the sautéed mushrooms.
- 5) In another skillet over medium heat, put the marinated chicken breasts. Then, season them with garlic powder, onion powder, pepper, and salt. After that, start cooking each side of the chicken breasts until they turn brown (about five minutes for each side).
- 6) In a casserole dish, transfer in the chicken breasts. Put in the sautéed mushrooms. Then you need to put a piece of bacon on top of chicken breasts. Sprinkle the shredded cheese all over the dish.
- 7) Preheat the oven to 400 degrees F.
- 8) Bake the chicken breasts for 10 minutes, or until they are cooked and the cheese is melted.
- 9) Serve the chicken breasts with the sauce.

11. Copycat: Outback Mac & Cheese



<https://sanet.st/>

Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Smoked paprika (1 tsp.)
- White shredded cheddar cheese (8 oz.)
- Parmesan cheese
- Cooked crispy bacon (4 pieces)
- shredded (2 oz.)
- shredded (2 tbsp.)
- Panko breadcrumbs (.5 cup)
- Also Needed: 13x9-inch baking dish
- Cavatappi pasta (1 lb.)
- Butter (2 tbsp.)
- Flour (2 tbsp.)
- Half & Half (2 cups)
- Gruyere cheese
- Shredded Fontina cheese (4 oz.)

DIRECTIONS:

- 1) Lightly spray a baking dish using a nonstick cooking oil spray. Prepare the pasta. Heat the butter and flour in a saucepan using the medium heat setting.
- 2) Pour in $\frac{1}{2}$ cup of the Half & Half and stir to thicken

the sauce. Add each of the cheese items until blended. Sprinkle using paprika. Mix the pasta and sauce and add to the baking dish.

- 3) Garnish using the crumbled bacon and breadcrumbs. Bake for 20 minutes or so until browned.

CATEGORY 3 RECIPES - Texas Roadhouse

12. Copycat: Smoky Espresso Steak



Total time + Prep Time: 30 min. Servings: 4

INGREDIENTS:

- 1/4 teaspoon pumpkin pie spice
- 1-1/2 teaspoons smoked or regular paprika
- 1-teaspoon salt
- 1/4-tsp pepper
- 1-pound beef flat iron/top sirloin steak (3/4-inch thick)
- 3-teaspoons instant espresso powder
- 2-teaspoons brown sugar
- 1-teaspoon baking cocoa

DIRECTIONS:

- 1) Preheat the broiler and mix the first 7-ingredients. Take the steak and rub it over both sides. Start placing the steaks on a broiler pan & let it stand for about 10 mins.
- 2) Up to 3-4 inches, broil the steak from the heat for about 4-6 minutes on each side. When the meat is ready to cook, a thermometer should read 135°, medium, 140°, and medium-well, 145°. Before slicing, let stand it for 5 minutes.

NUTRITION VALUES

- 3 ounces cooked beef: 216 calories
- 12g fat (5g saturated fat)
- 73mg cholesterol
- 61mg sodium
- 4g carbohydrate (2g sugars, 0 fiber)
- 22g protein.
- Diabetic Exchanges: 3 lean meat.

13. Copycat: Texas Roadhouse - Spaghetti Salad



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 2

INGREDIENTS:

- Cayenne pepper (.5 tsp.)
- Poppy seeds (1 tbsp.)
- Seasoning salt (2 tsp.)
- Paprika (1 tsp.)
- Medium cucumber (1 diced)
- Spaghetti
broken in Half (1 lb.)
- Sesame seed (1 tbsp.)
- Garlic powder (.5 tsp.)
- Italian dressing (16-oz. bottle)
- Parmesan cheese (1 tbsp.)

- Parsley (to garnish)
- Black pepper (.5 tsp.)
- Medium red onion (1 diced)
- Medium tomatoes (2 diced)

DIRECTIONS:

- 1) Break the spaghetti noodles in Half. Cook them until their al dente and rinse with cold water. Drain and toss into a large bowl.
- 2) In a medium mixing bowl, whisk the salad dressing, paprika, salt, garlic powder, cheese, seeds, and peppers until thoroughly mixed.
- 3) Stir in the onion, cucumber, and tomatoes. Dump the mixture over the spaghetti and toss lightly.
- 4) Place a cover on the bowl and chill in the fridge (2-24 hrs.).
- 5) When ready to serve, sprinkle using the parsley.

14. Copycat: Texas Roadhouse - Smokehouse Burgers



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- 1-red onion, cut into 4-slices
- ¼ cup of KRAFT barbecue sauce
- 4 KRAFT Singles
- 4-hamburger buns, toasted

- 2- $\frac{1}{4}$ lbs. minced
- 4-lettuce leaves
- $\frac{1}{4}$ cup of KRAFT Italian hot sauce
- 1-tomato, cut into 4-slices

DIRECTIONS:

- 1) Heat the grill over medium heat;
- 2) Shape the meat into 4-patties (½" thick). Coat the onions with 2-teaspoon dressing;
- 3) Pancakes and grilled onions 5 minutes per side or until the hamburgers are cooked (160° F), and the onions are soft and tender, coating the onions occasionally with 20teaspoons; Dressing hamburgers with barbecue sauce.
- 4) Decorate each hamburger with singles.
- 5) Start grilling for 1-2 minutes or until they start melting.
- 6) Fill the buns with lettuce, tomato, cheeseburger, and onion.

15. Copycat: Texas Roadhouse - Smokehouse Burgers



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- 1-red onion, cut into 4-slices
- 4-KRAFT Singles
- ¼ cup of KRAFT Italian hot sauce
- ¼ cup of KRAFT barbecue sauce
- 4-hamburger buns, toasted
- 2-¼ lbs. minced

- 4-lettuce leaves
- 1-tomato, cut into 4-slices

DIRECTIONS:

- 1) Heat the grill over medium heat;
- 2) Shape the meat into 4-patties (½" thick). Coat the onions with 2-teaspoon dressing;
- 3) Pancakes and grilled onions 5 minutes per side or until the hamburgers are cooked (160° F), and the onions are soft and tender, coating the onions occasionally with 2-teaspoons; Dressing hamburgers with barbecue sauce. Decorate each hamburger with singles.
- 4) Start to grill for 1-2 minutes or until the singles start melting. Fill the buns with lettuce, tomato, cheeseburger, and onion.

16. Copycat: Texas Roadhouse - Deep-Fried Pickles



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- 2 cups dill pickles, drained sliced
- ¼ cup mayonnaise
- 1-tablespoon horseradish
- ¼ cup flour
- 1¼ teaspoons Cajun seasoning, divided
- ¼ teaspoon oregano

- $\frac{1}{4}$ teaspoon basil
- Vegetable oil, for deep frying
- $\frac{1}{8}$ teaspoon cayenne pepper
- Kosher salt
- 1-tablespoon ketchup

DIRECTIONS:

- 1) Preheat about 1½ inches of oil to 375°F in a large pot.
- 2) Make the coating in a separate bowl by combining flour, 1-teaspoon Cajun seasoning, oregano, basil, cayenne pepper, and Kosher salt.
- 3) Dredge pickle slices in flour mixture. Lightly shake to remove any excess, then carefully lower into the hot oil. Note that you need to work in batches to avoid overcrowding the pot. Deep fry for about 2 minutes or until lightly brown.
- 4) Using a slotted spoon, transfer pickles to a plate lined with paper towels to drain.
- 5) While pickles drain and cool, add mayonnaise, horseradish, ketchup, and Cajun seasoning in a bowl. Mix well.
- 6) Serve immediately with dip on the side.

17. Copycat: Texas Roadhouse - Rattlesnake Bites



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 2

INGREDIENTS:

- For Frying: Canola or vegetable oil
- For Serving: Ranch dressing
- Jalapeños (2 minced)

- Garlic (1 clove
- minced)
- All-purpose flour (1 cup)
- Shredded mozzarella (1 cup)
- Paprika (1 tsp.)
- Shredded Monterey Jack (1 cup)
- Kosher salt and black pepper (as desired)
- Large eggs (3 beaten)
- Plain breadcrumbs (1 cup)
- Garlic powder (.5 tsp.)
- Cayenne pepper (.5 tsp.)

DIRECTIONS:

- 1) Prepare a large, rimmed baking sheet using a layer of parchment baking paper.
- 2) Mix both types of cheese, garlic, and jalapeños.
- 3) Using a tablespoon, scoop into balls and squeeze tight. Arrange the balls on the baking sheet. Freeze until solid, at least 30 minutes.
- 4) Set up a dredging station. Prepare a shallow bowl using flour, pepper, and salt.
- 5) Prepare a separate shallow bowl and add the eggs.
- 6) In a third shallow container, whisk and add the breadcrumbs, garlic powder, paprika, and Cayenne.
- 7) Roll the frozen cheese balls into flour, eggs, and breadcrumbs, repeating until all are well coated.
- 8) In a deep-large skillet, warm $\frac{1}{4}$ -inch of oil using the medium temperature setting until it's shimmering. In batches, fry the bites until golden (3 min.). Drain on paper towels.
- 9) Serve the bites with ranch dressing.

CATEGORY 4 RECIPES - P.F. Chang's

18. Copycat: Vegetarian Pad Thai



Prep + Total Time: 30 min. Servings: 4

INGREDIENTS:

- 3-garlic cloves, minced
- 4-large eggs, lightly beaten
- 2-teaspoons olive oil
- 3-medium carrots, shredded
- 2 cups bean sprouts
- 1/3 cup chopped fresh cilantro
- Chopped peanuts, optional
- Lime wedges
- 6 ounces uncooked thick rice noodles
- 2-tablespoons packed brown sugar
- 3-tablespoons reduced-sodium soy sauce
- 4-teaspoons rice vinegar
- 2-teaspoons lime juice
- 1-medium sweet red pepper, thin strips
- 4-green onions, chopped

DIRECTIONS:

- 1) First, follow the directions on the package to prepare noodles. Then drain them, rinse well, and drain again for good results.
- 2) Mix brown sugar, lime juice, vinegar, and soy sauce in a small bowl. You need to place the oil in a [large nonstick skillet](#) over medium-high heat. For 3-4 minutes, stir and fry pepper and carrots until crisp-tender. Start adding the green onions & garlic, start cooking for 2-minutes, and then remove it from the pan.
- 3) In the same pan, pour eggs on medium heat, cook, and stir until the eggs changes to solid form.
- 4) Stir in noodles, sauce mixture, and carrot mixture, then heat.
- 5) Then add the bean sprouts and toss to mix well.
- 6) Serve with lime wedges and top with cilantro and peanuts.

NUTRITION VALUES

- 1-1/4 cups: 339 calories
- 8g fat (2g saturated fat)
- 186mg cholesterol
- 701mg sodium
- 55g carbohydrate (15g sugars, 4g fiber)
- 12g protein.

19. Copycat: Ginger Panna Cotta



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 2

INGREDIENTS:

- Panna Cotta:
- 1½ tablespoons powdered gelatin
- ½ cup granulated sugar
- 6-tablespoons warm water
- ¼ cup heavy cream
- 1-tablespoon grated ginger
- Strawberry Sauce:
- ½ lemon, juice
- 2-teaspoons cornstarch
- 1-pinch salt
- 2 pounds ripe strawberries, hulled
- ½ cup granulated sugar

DIRECTIONS:

- 1) Place the cream, sugar, and ginger in a saucepan and cook over medium-low heat until the sugar dissolves. Start removing the mixture from heat & set it aside.
- 2) In a medium-sized bowl, mix the water and the

gelatin. Set aside for a few minutes.

- 3) After the gelatin has rested, pour the sugar mixture into the medium-sized bowl and stir, removing all lumps.
- 4) Grease your ramekins and then transfer the mixture into the ramekins, leaving 2 inches of space at the top.
- 5) Place the ramekins in your refrigerator or freezer to let them set for at least 4 hours.
- 6) While the Panna cottas are setting, make the strawberry sauce by cooking all the sauce ingredients in a medium-sized pan for 10 minutes. Stir the mixture occasionally, then remove from heat.
- 7) When the Panna cottas are ready, flip over the containers onto a plate and allow the gelatin to stand. Drizzle with the strawberry sauce and serve.

20. Copycat: Mongolian Beef



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 2

INGREDIENTS:

- 1 cup vegetable oil, divided
- $\frac{1}{2}$ soy sauce
- $\frac{1}{2}$ cup water
- 6-green onions, cut diagonally into 2-inch pieces
- $\frac{1}{4}$ cup cornstarch
- 2-teaspoons
- 1 pound flank steak $\frac{1}{2}$ teaspoon ginger, finely chopped

- 1-tablespoon ginger, diced
- ½ cup brown sugar

DIRECTIONS:

- 1) Cut steak against the grain into small pieces, about ¼ inch. Transfer steak into a bowl with cornstarch and flip until fully coated on all sides. Set aside.
- 2) Take a skillet and heat 1-tablespoon oil on medium heat. Stir in ginger and garlic—Cook for about 1 minute or until aromatic. Mix in soy sauce, water, and brown sugar. Keep stirring until sugar is melted. You need to bring to a boil on medium heat & then simmer for 2 minutes or until the sauce is thick.
- 3) Heat remaining vegetable oil in a separate saucepan on medium heat until oil reaches 350°F. Deep-fry steak in batches for 2 minutes or until brown. Transfer onto a plate lined with paper towels.
- 4) Discard the oil, then add sauce and stir in meat with sauce in a saucepan for about 2 minutes on medium heat. Mix in green onions and cook for an additional 1-2 minutes. Place meat and onions on a plate.
- 5) Serve hot.

21. Copycat: Beef and Broccoli



Preparation Time: 45-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Marinade:
- 2-teaspoons toasted sesame oil
- $\frac{1}{3}$ cup sherry
- $\frac{1}{3}$ cup oyster sauce
- 1-teaspoon cornstarch
- 1-teaspoon soy sauce
- 1-teaspoon white sugar
- Beef and Broccoli:
- 1-clove garlic, peeled and smashed
- 3-tablespoons vegetable oil
- 1-pound broccoli, cut into florets
- $\frac{3}{4}$ pound beef round steak, cut into $\frac{1}{8}$ -inch thick strips
- 1-thin slice fresh ginger root

DIRECTIONS:

- 1) Mix the marinade ingredients in a bowl until they have dissolved.
- 2) Proceed to the beef marination in the mixture for 30-minutes.
- 3) Sauté the ginger and garlic in hot oil for a minute.
- 4) When the oil is flavored, remove the garlic and ginger and add in the broccoli. Continue cooking the broccoli until tender.
- 5) Start transferring it to a bowl & set it aside when the broccoli is cooked. Pour the beef and marinade into the pan in which you cooked the broccoli and continue cooking until beef is cooked, or about 5 minutes.
- 6) Pour the broccoli back in and keep cooking for another 3 minutes.
- 7) Finally, transfer to a plate or bowl and serve.

22. Copycat: Chicken Lettuce Wraps



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 2

INGREDIENTS:

- Hoisin sauce (1 tbsp.)
- Cornstarch (2 tsp.)
- Ground chicken breast (1 lb.)
- Baby Bella mushrooms (0.75 cups diced)
- Rice noodles (1 oz.)
- For Frying: Oil
- Lettuce leaves (for the wraps)
- Vegetable oil
- divided (4 tbsp.)
- Sugar (1 tsp.)
- Soy sauce (2 tbsp. + more for serving)
- Diced water chestnuts (8 oz. can.)
- Diced green onions (4)
- Diced garlic cloves (3)
- Chili paste (2 tsp.)
- Rice vinegar (1 tsp.)

DIRECTIONS:

- 1) Heat a wok using the high-temperature setting and two tablespoons of vegetable oil. Toss in the ground chicken

and cook until the pink is gone. Set aside in a covered dish for now.

- 2) Start pouring the remainder of the oil into the wok & warm using high heat. When it's hot, toss in the water chestnuts, mushrooms, garlic, green onions, and chili paste. Simmer and stir (2 min.). Return the chicken to wok.
- 3) Whisk the vinegar, soy sauce, cornstarch, hoisin, and sugar. Add the mixture to the wok and cook for one more minute. Remove from the burner and set aside.
- 4) You need to warm 1-inch oil in a skillet. Break apart and drop the noodles into the hot oil. Cook the noodles for one minute until they're crispy and not browned.
- 5) Drain on a paper towel-lined platter.
- 6) When you're ready to eat, wrap the stir-fry in the leaves of lettuce and serve.

23. Copycat: Vegetarian Lettuce Wraps



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 5

INGREDIENTS:

- Rice vinegar (2 tbsp.)
- Reduced-sodium soy sauce (3 tbsp.)
- Extra-firm tofu
- Hoisin sauce (3 tbsp.)
- Sesame oil (1 tsp.)

- Canola oil — or grapeseed oil (2 tsp.)
- Do not use silken (12-14 oz. pkg.)
- Baby Bella crimini mushrooms (8 oz.)
- Water chestnuts (8 oz. can) drained and finely chopped
- Garlic (2 minced cloves)
- Freshly grated ginger (2 tsp.)
- finely chopped)
- Optional: Red pepper flakes (.25 tsp.)
- Green onions (4 thinly sliced
- divided)
- Large inner leaves romaine lettuce (8)
- Optional for Serving: Grated carrots + red pepper flakes

DIRECTIONS:

- 1) Whisk the rice vinegar, soy sauce, hoisin, and sesame oil. Set aside.
- 2) Prepare the tofu by pressing it between layers of paper towels while you start the preparation.
- 3) Warm the oil in a large skillet using the med-high temperature setting.
- 4) Break the tofu into small pieces and cook for five minutes before adding the diced mushrooms. Simmer until the tofu starts to turn golden (approx. 3 min.).
- 5) Stir in the ginger, pepper flakes, water chestnuts, garlic, and half of the onions; simmer for another 30 seconds.
- 6) Stir in the sauce and simmer until the sauce is warmed through (30-60 seconds).
- 7) Serve the tofu mixture into individual leaves of lettuce. Garnish using the rest of the carrots, pepper flakes, and onions before serving.

24. Copycat: Crab Wontons



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 2

INGREDIENTS:

- Freshly cracked black pepper (as desired)
- Sriracha sauce (.5 tsp.)
- Wonton wrappers (12)
- White crabmeat (6 oz. can)
- Unchilled cream cheese (4 oz.)
- Light mayonnaise (2 tsp.)
- Chives (2 tsp. + more for the garnish)
- Bell pepper
- any color (2 tsp.)
- Also Needed: 12-count mini-muffin tray

DIRECTIONS:

- 1) Warm the oven to 350° Fahrenheit. Spray the muffin tray with a spritz of cooking oil spray.
- 2) Mince the chives and bell peppers. Drain and chop the crabmeat. Combine with the mayonnaise, cream cheese, bell pepper, chives, Sriracha, and pepper.
- 3) You need to place a 1-wonton wrapper in each of the muffin cups. You may need to tuck the edges slightly to fit the cup.
- 4) Bake the wontons for 15 to 20 minutes. Once the edges are lightly browned, top it off using more chives as

desired.

CATEGORY 5 RECIPES - Chili's

25. Copycat: Feta Shrimp Tacos



Prep + Total Time: 30 min. Servings: 4

INGREDIENTS:

- 1-tablespoon olive oil
- 1-tbsp stone-ground mustard
- 8-whole wheat tortillas (8 inches), warmed
- 1/2 cup crumbled feta cheese
- Sliced avocado, optional
- 1/4 cup Miracle Whip Light or reduced-fat mayonnaise
- 1-tablespoon cider vinegar
- 1-pound uncooked shrimp (31-40 per pound), peeled and deveined
- 1/4 teaspoon pepper
- 2 cups shredded red cabbage
- 1/4 cup finely chopped sweet onion
- 1-banana pepper, finely chopped
- 1-tablespoon reduced-sodium taco seasoning

DIRECTIONS:

- 1) You need to mix mustard, miracle whip vinegar, and

pepper in a bowl. Add onion, cabbage, and banana pepper, and then toss to coat.

- 2) Keep in the fridge until you are ready to serve it.
- 3) With taco seasoning, toss the shrimp. Now, you need to take a large nonstick skillet and start heating the oil over medium-high heat.
- 4) Add shrimp keep on cooking until shrimp turn pink or stir 3-4 minutes.
- 5) Top with slaw, and cheese, serve in tortillas and if desired, use avocado.

NUTRITION VALUES

- 2-tacos (calculated without avocado): 443 calories
- 12g fat (2g saturated fat)
- 150mg cholesterol
- 882mg sodium
- 55g carbohydrate (5g sugars, 8g fiber)
- 30g protein.

26. Copycat: Buffalo Wings



Preparation Time: 15-minutes Cooking Time: 25-minutes Servings: 2

INGREDIENTS:

- 1 cup 1% milk
- ¼ teaspoon paprika
- 5 cup vegetable oil

- 1-organic egg, large
- 1 cup all-purpose flour
- ¼ cup hot sauce
- ¼ teaspoon cayenne pepper
- 2-chicken breast fillets; sliced into six pieces
- 2-teaspoon salt
- 1-tablespoon margarine
- ½ teaspoon black pepper

DIRECTIONS:

- 1) In a large-sized mixing bowl, combine flour with paprika, peppers, and salt; mix well & set aside. Whisk the egg together with milk in a separate small-sized mixing bowl. Now, over moderate heat in a large, deep fryer, heat 5 cups of the vegetable oil.
- 2) Dip each of your chicken pieces into the egg mixture and then into the breading blend. Continue to dip the pieces one more time and ensure that all pieces are coated well. Then you need to set them on a plate to chill for about 10-15 minutes.
- 3) Once done, carefully add the chicken pieces into the hot oil & fry until crisp & golden brown, for 4 to 5 minutes. In the meantime, combine the margarine with hot sauce in a separate mixing bowl & microwave until the margarine is melted, for 25 seconds.
- 4) When you are done with the chicken pieces, place them on a paper towel-lined plate. Once done, place the chicken pieces into a plastic container & add the prepared sauce.
- 5) Close the container; shake well until the chicken is completely covered with the sauce. Serve immediately & enjoy.

27. Copycat: Original Chili



Preparation Time: 30 minutes Cooking Time: 4 to 8 hours Servings: 4

INGREDIENTS:

- Spice Blend:
 - 1-teaspoon ground black pepper
 - $\frac{1}{8}$ cup ground cumin
 - 1-teaspoon garlic powder
 - $\frac{1}{2}$ cup chili powder
 - $\frac{1}{8}$ cup salt
 - 1-tablespoon paprika
 - 1-teaspoon cayenne pepper
- Chili:
 - 1-tablespoon cooking oil
 - 16 ounces tomato sauce
 - 4 pounds chuck, ground for chili
 - $3\frac{1}{4}$ cups water
 - $1\frac{1}{2}$ cups yellow onions, chopped
- Masa Harina:
 - Sliced green onions for garnish, if desired
 - 1 cup water
 - 1-tablespoon Masa Harina

DIRECTIONS:

- 1) Place all of the spice blend ingredients in a bowl. Mix thoroughly and set the bowl aside.
- 2) You need to cook the meat over medium heat in a stockpot until it is brown. While the meat is cooking, thoroughly mix the spice mix, water & tomato sauce.
- 3) Start adding the spice mixture to the browned meat & bring to a boil.
- 4) While the chili on a boil, sauté the onions in oil over medium heat.
- 5) When the chili is boiling and the onions are translucent, add the chili's onions and stir.
- 6) Start reducing the heat to low & allow the chili to simmer for an hour, stirring the mixture every 15 minutes.
- 7) In a bowl, mix the Masa Harina ingredients. When the chili has been cooking for an hour, add the Masa Harina mixture to cook for 10 minutes.
- 8) Transfer the chili to a bowl, garnish green onions, if desired, and serve.

28. Copycat: Cajun Chicken Pasta



Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

DIRECTIONS:

- 1) Place chicken in a Ziploc bag. Add 1-tablespoon oil and Cajun seasoning. Using your hands, combine chicken and mixture until well-coated. Seal tightly and set aside to

marinate.

- 2) Cook pasta in a pot filled with salt and boiling water. Follow package instructions. Drain and set aside.
- 3) Take a skillet and heat butter over medium heat. Sauté garlic for 1 minute or until aromatic. Slowly add cream, followed by lemon zest. Cook for 1 minute, stirring continuously until thoroughly blended. Toss in Parmesan cheese. Mix until the sauce is a little thick, then add salt and pepper. Add pasta and combine until well-coated. Transfer onto a bowl and keep warm.
- 4) In a separate skillet, heat the remaining oil—Cook chicken over medium-high heat for about 5-mins on each side, or they are fully cooked through. After that, transfer onto a chopping board and start cutting into thin strips.
- 5) Top pasta with chicken and sprinkle with tomatoes and parsley on top.
- 6) Serve.

29. Copycat: Southwestern Eggrolls



Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- 2-tablespoons pickled jalapeno peppers, chopped
- 1-chicken breast, boneless and skinless
- ½ tablespoon fresh parsley, finely chopped
- 8 cups plus 2-tablespoons vegetable oil, divided
- 2-tablespoons red bell pepper, finely chopped

- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- ¼ plus ⅛ teaspoon salt, and more to taste
- ¼ cup avocado, mashed
- ¼ cup mayonnaise
- Pinch cayenne pepper
- ¾ cup jack cheese, grated
- 5-6 inches of flour tortillas
- 1-egg, beaten
- ⅛ teaspoon onion powder
 - ¼ cup sour cream
 - 2-tablespoons tomato, diced
 - 1-tablespoon onion, diced
 - 1-tablespoon buttermilk
 - 1½ teaspoons white vinegar
 - Pinch dried dill weed
 - Pinch garlic powder
 - ⅛ teaspoon dried parsley
 - Pinch pepper, plus more to taste

DIRECTIONS:

- 1) Preheat the grill to high heat.
- 2) Coat chicken breast with 1-tablespoon vegetable oil and season with salt and pepper. You need to grill for 4-5 minutes on each side or once they are cooked through. Set aside and wait until cool. Then, chop into small cubes. Set aside.
- 3) You need to start heating 1-tbsp vegetable oil in a pan over medium-high heat. Stir fry red pepper and scallions for a few minutes, just enough for the vegetables to become soft. Add cooked chicken, corn, spinach, black beans, parsley, cumin, chili powder, jalapeño peppers, salt, and cayenne pepper—Cook for an additional 4 minutes. Don't stop stirring. You should make sure that all the ingredients are mixed well.
- 4) Remove from heat and stir in cheese until melted.
- 5) Microwave tortillas wrapped in a damp cheesecloth for about 10-20 seconds on high.
- 6) For each of the five rolls, add about ⅓ chicken and vegetable mixture onto the middle part of a tortilla. Fold the

edges inwards and roll tightly over the mixture. Before closing the wrap, brush the egg onto the inner edge to help seal the tortilla.

- 7) Position rolls on a plate with the sealed edges facing down. Wrap everything in plastic wrap and place it in the freezer. You need to freeze for at least 4H.
- 8) To prepare, preheat 8 cups of oil in a deep fryer to 350°F.
- 9) Prepare dipping sauce by mixing avocado, mayonnaise, sour cream, buttermilk, white vinegar, remaining salt, dried parsley, onion powder, dill weed, garlic powder, and pepper in a bowl. Set aside.
- 10) Lower the egg rolls in the deep fryer carefully. Cook for 8-10 minutes, then transfer to a plate lined with paper towels. Allow cooling for 2 minutes or until cool enough to handle.
- 11) Slice each roll diagonally lengthwise. Serve with dipping sauce garnished with tomato and onion.

CATEGORY 6 RECIPES - Taco Bell

30. Copycat: Guacamole



Preparation Time: 10-minutes Cooking Time: 0-minutes Servings: 2

INGREDIENTS:

- 1-tablespoon minced fresh cilantro
- 3-medium ripe avocados, peeled and cubed
- 1-small onion, finely chopped
- 1/4 cup mayonnaise, optional
- 1-garlic clove, minced
- 1/4 to 1/2 teaspoon salt
- 2-medium tomatoes, seeded and chopped, optional
- 1 to 2 tablespoons lime juice

DIRECTIONS:

Mash avocados with garlic and salt. Stir in remaining ingredients.

31. Copycat: Chalupa Supreme



Preparation Time: 20-minutes Cooking Time: 15-minutes Servings: 6

INGREDIENTS:

- 1/2 cup of finely shredded cabbage
- 6-corn tortillas 6 inches long
- 2-teaspoons olive oil
- 1-teaspoon onion powder
- 1-teaspoon ground cumin
- 3/4 cup of shredded part-skim mozzarella cheese
- 2 cups of chopped cooked chicken breast
- 1/4 teaspoon of salt
- 1-can (14-1/2 ounces) diced tomatoes with mild green chilies, undrained
- 1-teaspoon garlic powder
- 1/4 teaspoon of pepper

DIRECTIONS:

1. Preheat the oven up to 350° and place tortillas on an ungreased baking sheet. Then you need to brush each tortilla with oil and sprinkle it with cheese.
2. Take a large skillet and place tomatoes, chicken, and seasonings. Start cooking and stirring over medium heat for 6 to 8 minutes or until most liquid evaporates. It is now time to spoon over tortillas and put it on baking for 15 to 18 minutes or until tortillas are

crisp and cheese melts over it. Top with cabbage.

32. Copycat: Grilled Steak Soft Tacos



Preparation Time: 15-minutes Cooking Time: 15-minutes Servings: 6

INGREDIENTS:

- 6-whole-wheat tortillas (8 inches), warmed
- ½-cup diced red onion
- 1-jalapeno pepper, seeded & minced
- 2-large tomatoes, seeded & chopped
- ¼-cup lime juice
- 2-teaspoons ground cumin, divided
- ¾-teaspoon salt, divided
- 1-tablespoon canola oil
- 3-tablespoons minced fresh cilantro
- 1-beef flank steak (about one and a half pounds)
- 1-large onion, halved and sliced
- Optional: Sliced avocado and lime wedges

DIRECTIONS:

1. Ingredients need to be placed in a small bowl & start stirring in 1 tsp cumin and ¼-tsp salt. Let it stand until serving.
2. Now, sprinkle steak with the remaining salt and cumin.
3. Then grill & cover over medium heat or broil 4-in from heat until your meat may reach the desired doneness for 6 to 8 minutes. Let it stand for about 5-

minutes. Take a skillet & heat oil over medium-high heat; sauté onion until crisp-tender.

4. At last, slice the steak thinly across the grain and serve in tortillas with salsa and onion. If desired, serve with lime wedges and avocado.

33. Copycat: Chicken Quesadillas



Preparation Time: 15-minutes Cooking Time: 15-minutes Servings: 6

INGREDIENTS:

- 2-1/2 cups shredded cooked chicken
- 2/3 cup salsa
- 1/3 cup sliced green onions
- 3/4 to 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 6-flour tortillas (8 inches)
- 1/4 cup butter, melted
- 2 cups shredded Monterey Jack cheese
- Sour cream and guacamole

DIRECTIONS:

1. Take a large skillet and gather the first 6-ingredients. Start cooking and uncover over medium heat for about 10 minutes, and keep stirring

occasionally.

2. Then brush 1-side of tortillas with butter and place buttered side down on a lightly greased baking sheet. Now, spoon 1/3-cup chicken mixture over half of each tortilla and sprinkle with 1/3-cup cheese.
3. Proceed to fold the tortilla's plain side over the cheese and bake at 375° Fahrenheit until crisp and golden brown, for 9 to 11 minutes. Finally, cut into wedges and serve with guacamole and sour cream.

34. Copycat: Fiesta Taco Salad



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 8

INGREDIENTS:

- 4-cup tortilla chips, crushed (8-ounces)
- 1-envelope taco seasoning, divided
- 1 pound ground beef
- 2 cups shredded cheddar cheese
- 2-tablespoons taco sauce
- 1-medium head iceberg lettuce, torn
- 1-bottle (8 ounces) Thousand Island salad dressing
- 1-large red onion, chopped
- 1-can (16 ounces) kidney beans, rinsed and drained
- 4-medium tomatoes, seeded and finely chopped

DIRECTIONS:

1. Take a large skillet, cook & crumble beef over medium heat until it remains no longer in pinkish color for 6 to 8 minutes, and drain. Start stirring in 3 tablespoons taco seasoning.
2. Now, take a large bowl, layer beef mixture, onion, lettuce, beans, cheese, tomatoes, and crushed chips.
3. Take another small bowl, mix taco sauce, salad dressing, and remaining taco seasoning. Also, serve with salad.

35. Copycat: Spicy Tostada



Preparation Time: 15-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- 1-can (16 ounces) refried beans, warmed
- 8-tostada shells
- 1-can (15 ounces) black beans, rinsed & drained
- 1/2-pound lean ground beef (90% lean)
- 1-can (10 ounces) diced tomatoes and green chilies, undrained
- Optional toppings: shredded lettuce, shredded reduced-fat Mexican cheese blend, sour cream, and salsa

DIRECTIONS:

1. Take a large skillet, cook & crumble beef over medium-high heat until it remains no longer pinkish in color, for 4 to 6 minutes. Start stirring in tomatoes and then bring to a boil. Now, reduce heat and simmer uncovered until liquid almost evaporates, for 6 to 8 minutes. Again, start stirring in black beans; heat through.
2. Finally, to serve, spread refried beans over tostada shells and top with beef mixture. You can add toppings as desired.

36. Copycat: Mexican Pizza



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 8

INGREDIENTS:

- 1 cup of cooking oil
- ½ teaspoon of salt
- 1/4th teaspoon of dried minced onions
- 1-can of refried beans
- ½ pound of ground beef
- 1 ½ teaspoon of chili powder
- 2-tablespoons of water
- 1/4th teaspoon of paprika
- 8-flour tortillas
- 1/3rd cup of diced tomatoes
- 1 cup of shredded cheddar cheese

- 2/3rd cup of mild Picante sauce
- 1/4th cup of sliced black olives
- 1/4th cup of sliced black olives
- A single cup of Monterey Jack, shredded cheese
- 1/4th cup of chopped green onions

DIRECTIONS:

1. Cook the ground beef on top of medium heat until it's brown, then drain it.
2. Return the meat to your pan while adding onions, salt, chili powder, paprika, and water.
3. You need to simmer the mixture on medium heat for about 7-12 minutes. Keep stirring.
4. Heat some oil in a frying pan on medium-high heat.
5. Start frying the tortillas when the oil gets hot, for 30 to 45 seconds on each side.
6. Be sure to pop the bubbles that form as you fry so your tortilla is entirely flat in the oil.
7. Heat the refried beans.
8. Preheat your oven to 400 degrees F.
9. Stack the pizza by spreading 1/3rd cup of beans on top of each tortilla.
10. Then, add 1/3rd cup of meat and another tortilla on top of it.
11. Top the next tortilla with about 2-teaspoons salsa
12. Divide up the cheese, tomatoes, onions, and olives evenly and top it up in any order.
13. Bake it for approximately 8-10 minutes.
14. Serve and enjoy!

CATEGORY 7 RECIPES - Chipotle

37. Copycat: Pork Carnitas



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 8

INGREDIENTS:

- 2-teaspoons juniper berries (whole)
- 2-tablespoons olive oil, divided
- 1-small onion, diced finely
- 1-2 fresh thyme sprigs
- ½ cup beef stock or water
- 1-pork boneless Boston butt roast, about 3 ½ to 4 pounds, cut into 3 or 4 large chunks Salt and pepper to taste
- 1-garlic clove, crushed and minced
- 2-bay leaves

DIRECTIONS:

1. Season the pork roast chunks with salt and pepper the pork and rest at room temperature for 10 minutes.
2. Preheat the oven to 325°F.
3. Take a large ovenproof pan and add 1-tablespoon olive oil (a Dutch oven would be the right

pan choice). You need to heat the pan over medium heat on the stovetop & sear the pork on all sides. Remove from heat and let pork rest pork on a plate.

4. Add remaining olive oil to the pan. Start adding onions & cook over medium-low heat until translucent and fragrant, about 1-2 minutes. Add garlic and stir for another minute.
5. Start returning pork to the pan & add the remaining ingredients.
6. Start covering & placing in the oven. Cook for 2 to 2-½ hours until pork is well cooked and will shred easily with forks. Take care of having enough liquid in the pan's bottom during the cooking time, so the meat doesn't burn or stick. Add some water as needed.
7. Remove pork from the pan, making sure to remove juniper berries that might have stuck to the pork while cooking as well as the thyme sprig. Let pork rest for 10 minutes before shredding.

38. Copycat: Beef Barbacoa



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 8

INGREDIENTS:

- 1-7 ounce of chipotle in adobo sauce

- 1-tablespoon taco seasoning
- 1 cup chicken broth
- 2-onions, diced
- 3-tablespoons olive oil
- 8-garlic cloves, minced
- ½ tablespoon oregano
- 1 cup water
- 3 pounds beef roast
- 2-bay leaves
- 2-tablespoons apple cider vinegar

DIRECTIONS:

1. Add all ingredients EXCEPT the beef in a blender or food processor.
2. Pulse until the spice mixture is well blended.
3. Add a half of the spice mixture to the bottom of a slow cooker.
4. Place beef in the slow cooker and top with the remaining spice mixture.
5. You must slow-cook for 8H or high-cook for 4H.
6. Shred the beef while removing it from the cooker.
7. If desired, for a saucier barbacoa beef, return shredded beef to the slow cooker and mix with sauce. Start cooking for more than 10-15 minutes on low heat.

39. Copycat: Chipotle's Guacamole





Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 8

INGREDIENTS:

- 2-tablespoons fresh cilantro, chopped finely
- 8-ripe avocados
- 1 cup fresh red onion, finely diced
- 1-teaspoon kosher salt
- 1-medium jalapeño pepper, seeded and deveined, finely chopped
- 8-teaspoons freshly squeezed lime juice

DIRECTIONS:

1. Halve avocados using a knife and remove pits and spoon flesh into a large bowl. Add jalapeño pepper, onion, and cilantro. Pour in the lime juice. Sprinkle salt on top.
2. Mash avocado with the rest of the ingredients until everything is well blended and the desired consistency is obtained.
3. Cover guacamole with plastic wrap until just before serving.

CATEGORY 8 RECIPES - Applebee

40. Copycat: Fajita Burger Wraps



Prep + Total Time: 30 min. Servings: 4

INGREDIENTS:

- 1-medium onion, halved & sliced
- 2-teaspoons canola oil
- 4-flour tortillas (10 inches)
- 1-pound lean ground beef (90% lean)
- 1-medium red sweet pepper, thin strips
- 2-tbsp fajita seasoning mix
- 1-medium green pepper, thin strips
- 3/4 cup shredded cheddar cheese

DIRECTIONS:

1. Mixing lightly but thoroughly, combine seasoning mix and beef in a large bowl. Make 1/2-in.-Shaped thick patties.
2. Over medium heat, take a large skillet heat the oil. By adding burgers, cook for 4 minutes on both sides. Remove the burgers from the pan, then add peppers and onion in the same skillet. Cook until lightly

browned or stir 5-7 minutes or tender.

3. Place 3-tablespoons cheese, 1/2 cup pepper mixture, and 1-burger on the center of each tortilla. Forming a square, fold sides top and bottom of tortilla over a burger to close.
4. Now clean the skillet and place the wraps while seaming side down. For 1-2 minutes, cook on each side on medium heat or until golden brown, by putting a thermometer in the beef check for 160° readings.

NUTRITION VALUES

- 1-wrap: 533 calories
- 23g fat (9g saturated fat)
- 92mg cholesterol
- 1190mg sodium
- 45g carbohydrate (5g sugars, 3g fiber)
- 34g protein.

41. Copycat: Asian Chicken Salad with Applebee's Dressing



Preparation Time: 60-minutes Cooking Time: 50-minutes Servings: 8

INGREDIENTS:

- The Chicken:
- bite-size pieces)
- Panko breadcrumbs (1.5 cups)
- Honey (2 tbsp.)
- Chicken (1 lb.
- The Salad:
- Mandarin oranges (4 peeled and slices pulled apart)
- Red cabbage (.5 cup)
- Slivered almonds (.5 cup)
- Napa cabbage (4 cups)
- Romaine lettuce (4 cups)
- Dry chow mein noodles (1 cup)
- Chopped green onions (.33 cup)
- The Dressing:
- Toasted sesame oil (.5 tsp. or more to your liking)
- Rice wine vinegar (.33 cup)
- Honey (2 tbsp.)
- Olive oil (2-3 tbsp.)
- Greek yogurt
- plain (.5 cup)
- Dijon mustard (1 tbsp.)

- Low-sodium soy sauce (1.5 tsp.)
- Sugar (1 tsp.)

DIRECTIONS:

1. Set the oven temperature at 375° Fahrenheit. Spritz a baking tray using a cooking oil spray.
2. Pour the breadcrumbs into a shallow dish.
3. Start removing the skin & bones from the chicken and dice. Toss it in with the honey, and dip each chicken piece into the breadcrumbs.
4. Set a timer and bake for 20 minutes or until thoroughly cooked.
5. Rinse and chop the lettuce and cabbage. Discard the peel from the oranges.
6. Whisk the yogurt and vinegar, soy sauce, mustard, honey, sugar, sesame oil, and olive oil until smooth.
7. Toss the lettuce, Napa, and red cabbage. Prepare using four salad bowls, adding ¼ cup each of the noodles, almonds, and green onions. Mix in the whole orange (slices pulled apart). Add the dressing and serve.

42. Copycat: Spinach and Artichoke Dip





Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 8

INGREDIENTS:

- 16 ounces garlic alfredo sauce
- 1 cup Parmesan-Romano cheese mix, grated
- 8 ounces cream cheese, softened
- 1-10 ounce of bag spinach, diced
- 2-14 ounce of cans artichoke hearts, diced
- 2 cups mozzarella cheese, grated

DIRECTIONS:

1. Combine all ingredients in a bowl. Mix well.
2. Transfer into a slow cooker. Cook on high heat for 30 minutes.
3. Serve while hot.

43. Copycat: Applebee's Oriental Dressing



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 8

INGREDIENTS:

- Hellmann's mayonnaise (.25 cup)
- Grey Poupon Dijon Mustard (1 tsp.)
- Sesame oil (.125 tsp.)
- Honey (3 tbsp.)
- Rice vinegar (1.5 tbsp.)

DIRECTIONS:

1. Whisk all of the fixings in a bowl.
2. Cover with a lid and store in the fridge.

44.

Copycat: Triple Chocolate Meltdown



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 8

INGREDIENTS:

- ¼ cup sugar, plus more for dusting
- 2-large egg yolks
- 2-tablespoons all-purpose flour
- ½ cup of stick butter, a little for greasing
- 2-large whole eggs
- ¼ teaspoon salt
- Toppings
- 2-teaspoons vegetable shortening, divided
- 4 ounces white chocolate
- 4-scoops vanilla ice cream
- 4 ounces semisweet chocolate

DIRECTIONS:

1. Preheat the oven to 400°F. Grease muffin pans or ramekins and dust with sugar. You need to take a double boiler & start melting the chocolate chips with butter, whisking until smooth.
2. You need to take a separate bowl & whisk together the whole eggs, yolks, and sugar until light and fluffy.
3. Whisk both mixtures together.

4. Gradually add flour and salt, whisking until blended.
5. Distribute evenly into prepared pans and arrange on a baking sheet.
6. Bake until edges are done and centers are still soft (about 8 minutes).
7. Invert onto a dessert plate.
8. Prepare toppings. Place each type of chocolate in separate, microwave-safe bowls. Add a teaspoon of shortening to each bowl—microwave for about 15 seconds and stir. Repeat until smooth.
9. Top the cake pieces with ice cream and drizzle with melted chocolate.

45. **Copypat: Spinach and Artichoke Dip**



Preparation Time: 5-minutes Cooking Time: 30-minutes Servings: 10

INGREDIENTS:

- 16 ounces garlic alfredo sauce
- 2-14-ounce cans artichoke hearts, diced
- 8 ounces cream cheese, softened
- 1-10-ounce bag spinach, diced
- 1-cup Parmesan-Romano cheese mix, grated
- 2 cups mozzarella cheese, grated

DIRECTIONS:

1. Combine all ingredients in a bowl. Mix well.
2. Transfer into a slow cooker. Cook on high heat for 30 minutes.
3. Serve while hot.

NUTRITION VALUES

- Calories 228
- Total Fat 15 g
- Carbs 12 g
- Protein 13 g
- Sodium 418 mg

46. Copycat: Tomato Basil Soup



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 8

INGREDIENTS:

- 6 Italian-style seasoned croutons
- 1-teaspoon fresh oregano, diced
- 1-small garlic clove, finely chopped
- ½ teaspoon ground black pepper
- 2-tablespoons Parmesan cheese, shredded
- 3-tablespoons olive oil
- 1-tablespoon fresh basil, diced

DIRECTIONS:

1. Heat the oil, and add garlic, stir until fry for 2 to 3 minutes or until garlic is soft and aromatic.
2. Pour tomato soup and marinara sauce into

the pan and start stirring, start adding water gradually, and toss in oregano and pepper. Once simmering, reduce heat to low. Cook for about 15 more minutes until all the flavors are combined. Add basil and stir.

3. Transfer to bowls. Add croutons on top and sprinkle with Parmesan cheese.
4. Serve.

CATEGORY 9 RECIPES - Cracker Barrel

47. Copycat: Country Ham and Potatoes



Total Time: Prep + Total Time: 30 min. Servings: 6

INGREDIENTS:

- 1-1/2 pounds potatoes, peeled, quartered, and cooked
- 2 to 3 tablespoons butter
- Snipped fresh parsley
- 2 pounds (about 1/2 inch thick) fully cooked sliced ham

DIRECTIONS:

1. Over medium-high heat, brown the ham in butter on both sides in a large skillet until heated.
2. To one side of the skillet, move the ham.
3. Then brown potatoes until tender in drippings.
4. With parsley, sprinkle the potatoes.

NUTRITION VALUES

- 5-ounce-weight: 261 calories
- 9g fat (5g saturated fat)

- 64mg cholesterol
- 1337mg sodium
- 21g carbohydrate (1g sugars, 1g fiber)
- 28g protein.

48. Copycat: Biscuits



Preparation Time: 15-minutes Cooking Time: 8-minutes Servings: 8

INGREDIENTS:

- Melted butter, to brush
- 2 cups self-rising flour
- $\frac{2}{3}$ cup buttermilk
- $\frac{1}{3}$ cup shortening

DIRECTIONS:

1. Preheat the oven to 450 °F.
2. In a bowl, mix flour and shortening until the mixture is loose and crumbly.
3. Pour in buttermilk. Mix well.
4. Sprinkle flour onto a smooth surface and flatten dough on top. Cut dough into desired shapes using biscuit cutters.
5. Arrange onto a baking sheet. Now, you need to place it in the oven & keep cooking for 8-minutes.

- Apply melted butter on top using a brush.
6. Serve.

49. Copycat: Fried Apples



Preparation Time: 60-minutes Cooking Time: 50-minutes Servings: 8

INGREDIENTS:

- Apple cider (.5 cup)
- Golden Delicious apples (4 medium)
- Cornstarch (1 tbsp.)
- Also Needed: 12-inch skillet
- Butter (3 tbsp.)
- Nutmeg (.25 tsp.)
- Granulated sugar (.25 cup)
- Cinnamon (1 tsp.)
- Packed brown sugar (2 tbsp.)

DIRECTIONS:

1. Core and slice the apples into about two pounds of $\frac{3}{4}$ -inch wedges.
2. Melt the butter in a skillet using the medium heat setting.
3. Toss in the apples, spices, and sugar. Start stirring & place a lid on the pan.
4. Simmer for 11-14 minutes, occasionally

stirring until tenderized.

5. Scoop into a serving dish to keep warm.
6. Whisk the cider and cornstarch together and pour into the skillet.
7. Simmer using medium heat for 30-60 seconds until it's thickened.
8. Pour the mixture over the apples before serving.

50. Copycat: Chocolate Cherry Cobbler



Preparation Time: 60-minutes Cooking Time: 50-minutes Servings: 8

INGREDIENTS:

- Chocolate chips (6 oz. bag or 1 cup)
- All-purpose flour (1.5 cups)
- Slivered almonds (.5 cup)
- Cherry pie filling (21 oz. can)
- Baking powder (2 tsp.)
- Sugar (.5 cup)
- Cold butter (.25 cup or Half of 1 stick)
- Egg (1)
- Salt (.5 tsp.)
- Evaporated milk (.25 cup)
- Also Recommended: 1.5-2-quart oval baking dish

DIRECTIONS:

1. Warm the oven to reach 350° Fahrenheit.
2. Sift the flour, salt, baking powder, and sugar into a mixing container. Cut-in the butter chunks until it's pea-sized. Set aside for now.
3. Dump the filling into the baking dish. Set it

aside also.

4. You need to start melting the chocolate chips by using the microwave or stovetop and stir until melted. Cool it down for about five minutes. Mix in the milk and egg. Stir.
5. Combine the flour and chocolate fixings and drop them into the cherry filling in the baking dish. Sprinkle using the almonds and set the timer for 40-45 minutes. Serve warm with ice cream.

51. Copycat: Ambrosia Fruit Salad



Preparation Time: 60-minutes Cooking Time: 50-minutes Servings: 8

INGREDIENTS:

- Apples (2 chopped)
- Oranges (6 peeled and cut into chunks)
- Sugar to garnish
- Pineapple chunks (1 can)
- Coconut (.25 lb.)

DIRECTIONS:

1. Prepare the salad using alternate layers to your liking.
2. Serve cold.

52. Copycat: Hash-brown Casserole



Preparation Time: 60-minutes Cooking Time: 50-minutes Servings: 8

INGREDIENTS:

- 1 tbsp bouillon powder
- 1 cup sour cream
- 1 tbsp onion, minced 1 tsp salt
- 1/2 tsp pepper
- 3 cups cauliflower stalks, shredded
- 1/2 cup mayonnaise
- 1/2 cup cheddar cheese, shredded
- 1/2 cup Monterey jack cheese, shredded
- 4 tbsp butter

DIRECTIONS:

1. Take a cooking spray, grease an 8x8 inch baking dish.
2. Put aside 1 tbsp each of the shredded cheese for topping.
3. In a mixing bowl, combine all the listed ingredients thoroughly into the greased baking dish, and proceed to transfer the mixture. Sprinkle on top the reserved shredded cheeses.

4. Preheat the oven to 350 degrees F.
5. Bake the casserole for 50 minutes until it turns bubbly and golden.

53.

Copycat: Loaded Potato Salad



Preparation Time: 60-minutes Cooking Time: 50-minutes Servings: 8

INGREDIENTS:

- Dry mustard (1 tsp.)
- Black pepper (as desired)
- Salt (1 tsp.)
- Cooked potatoes (3 large)
- Hard-boiled eggs (3)
- Minced onion (4 tbsp.)
- The Saucepan:
 - Melted butter (3 tbsp.)
 - Mayonnaise (1 cup)
 - Hot vinegar (.5 cup)
 - Sugar (3 tsp.)
 - Eggs (2 uncooked)

DIRECTIONS:

1. Mix the potatoes, eggs, onion, mustard, salt, and pepper.
2. Put the sugar, eggs, vinegar, and melted butter in a saucepan and simmer until thickened.
3. Combine with the mayonnaise and serve.

CATEGORY 10 RECIPES - McDonald 's

54. Copycat: Shamrock Shake



Preparation Time: 5-minutes Cooking Time: 5-minutes Servings: 1

INGREDIENTS:

- 1-maraschino cherry
- 5-6 drops of green food coloring
- Whipped cream for topping
- 5-drops of peppermint extract
- 2 cups of vanilla bean ice cream
- $\frac{1}{4}$ cup half & Half

DIRECTIONS:

1. Combine ice cream with peppermint extract, half & half & food coloring in a blender & blend on high settings for half a minute.
2. Transfer the mixture into a large glass, top the glass with whipped cream & finally garnish it with a cherry.

55.

Copycat: Strawberry Banana Smoothie



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- frozen (.5 cup thawed)
- Ice (1.5 cups)
- Low-fat vanilla yogurt (.5 cup)
- Bananas (2 medium or .75 cup mashed)
- Strawberries in the syrup

DIRECTIONS:

1. Mash the bananas and thaw the strawberries.
2. Toss all of the fixings into a high-speed blender.
3. Pulse until creamy.
4. Pour into two chilled 16-oz. glasses.

56. Copycat: McGriddle Breakfast Sandwich



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 4

INGREDIENTS:

- 4 slices American cheese
- 1-teaspoon baking powder
- 4-eggs scrambled
- 4-strips cooked and cut bacon
- ½ cup maple syrup
- 2-tablespoons butter, melted
- 1-egg
- 1 cup flour
- ½ teaspoon baking soda
- 1 cup buttermilk
- Softened butter for greasing the mold

DIRECTIONS:

1. First, you need to line a baking tray with parchment paper and then set it aside.
2. Add maple syrup to a pot and bring to a boil over medium heat while stirring often. Keep stirring the syrup even when already boiling. At about 230 °F, after about a minute of boiling, the syrup will appear a bit darker, and the boiling will lessen to some degree. Keep

- cooking up to 2 minutes or until the syrup becomes darker and begins to smell a bit like caramel. It is ready to be removed from heat once it reaches 265 °F.
3. Pour maple syrup onto the prepared baking sheet. Spread evenly in a thin layer with a spatula. Refrigerate until cool. Flip the syrup over, with parchment paper now on top. Peel off the paper and break the solidified syrup into tiny pieces.
 4. To make the pancakes, combine flour, baking powder, and baking soda in a large bowl. Set aside.
 5. In another bowl, add buttermilk, butter, and egg. Mix until thoroughly combined. Then start pouring onto dry ingredients & mix until incorporated.
 6. Preheat electric griddle to medium-high heat.
 7. Coat insides of round molds with softened butter, then place on a hot griddle coated with butter over medium heat. Add about 2-tablespoons pancake batter into each mold, then sprinkle maple crystals on top. Afterward, add two more tablespoons of pancake batter on top, sandwiching the maple crystals inside the pancakes.
 8. Once bubbles form and edges look cooked, remove molds and flip pancakes—Cook for an additional 1 to 2 minutes.
 9. To assemble the sandwiches, add cheese, scrambled egg, bacon on the pancake, and then top with another pancake.
 10. Serve immediately.

57. Copycat: McFlurry





Preparation Time: 15-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Butterfingers, M&M's, Oreos, Reese's, fudge brownies qty as you prefer
- 2 cups Vanilla Ice Cream,
- $\frac{1}{4}$ Skim Milk
- Ice Cubes

DIRECTIONS:

1. Mix 2 cups vanilla ice cream with $\frac{1}{4}$ cup of skim milk; mix well but ensure you don't over mix it
2. Now, get a cup & put 2 cups of vanilla ice cream, add Butterfingers, M&M's, Oreos, Reese's, fudge brownies & $\frac{1}{4}$ cup of milk; mix well. Add a couple of ice cubes. Serve & enjoy!

58. Copycat: Apple Pie



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- Oil, for frying
- 1 cup unbleached all-purpose flour
- Powdered sugar for dusting
- Crust
- $\frac{1}{2}$ teaspoon salt
- 6-tablespoons cold and cut butter

- 1-teaspoon sugar
- ¼ cup ice water
- Filling
- ⅛ teaspoon salt
- ½ cup apple cider
- 1-teaspoon cinnamon
- 2-tablespoons flour
- 2-medium apples, peeled, cored, and diced
- ¼ cup sugar
- 1½ tablespoons lemon juice

DIRECTIONS:

1. Prepare the crust. Place sugar, flour, and salt into a food processor and then pulse a few times to mix well.
2. Add butter and pulse to get a coarse mixture.
3. Add water and pulse just until the mixture begins to adhere and form a dough.
4. Start placing on a floured surface & divide into 3-equal parts. Form each into a thick disc, wrap in plastic wrap and refrigerate until firm (about 30 minutes to 1 hour).
5. Prepare the filling. Place ingredients, except flour, in a saucepan, and bring to a boil. Reduce heat and simmer until apples are tender (about 10–15 minutes). Stir in flour and cook until slightly thickened (about 1½ minutes). Remove from heat and let cool.
6. Roll out each third of the chilled dough over a floured surface to make 10-inch rectangles or ovals. Divide each into two and make six pieces.
7. Divide the filling into six and spoon into the center of each piece of dough.
8. Now, you need to wet the edges of the dough & fold it over.
9. Press down edges with a fork to seal.
10. Deep fry in oil at 350°F, by batches, until golden brown (about 3 minutes on each side). Drain on paper towels.

11. Dust with sugar (powdered) if using and serve.

59. Copycat: Cheddar Melt



Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- Small onion (Half of 1)
- Milk (1.5 cups)
- Teriyaki sauce (2 tbsp.)
- Rye buns (2)
- Butter (3 tbsp.)
- Flour All-purpose (3 tbsp.)
- Freshly cracked black pepper
- Shredded cheddar (1 cup)
- Burger patties (2)
- Kosher salt

DIRECTIONS:

1. Melt the butter using the medium temperature setting in a small saucepan.
2. Whisk the butter in the flour and then cook for about one minute. Pour in the milk and whisk until thoroughly combined. Let the mixture thicken for about three minutes. Add and whisk the cheddar, salt, and pepper. Simmer the sauce using low heat. Add the oil into a large skillet to heat using the med-high temperature setting. For medium-rare, cook the patties for four (4) minutes per side. Set aside.

3. Finely chop and add onions to the fat. Sauté until tender for six minutes. Add in the teriyaki sauce. Assemble the burger on a rye bun bottom with teriyaki onions and cheese sauce.

CATEGORY 11 RECIPES - Olive Garden

60. Copycat: Homemade Ravioli



Prep + Total Time: 35 min. Servings: 4

INGREDIENTS:

- 1-tablespoon of olive oil
- 6-large eggs
- 5 to 5-1/2 cups of all-purpose flour
- 1/2 cup of water
- SAUCE:
- 1/2 teaspoon salt
- 1-1/2 cups tomato puree
- 1/4 teaspoon pepper
- 1/3 cup tomato paste
- 3-tablespoons sugar
- 1-can (28 ounces) crushed tomatoes
- 1/2 cup grated Parmesan cheese
- 1/3 cup water
- 1-tablespoon minced fresh parsley
- 1-tablespoon minced fresh oregano
- 2-tablespoons minced fresh basil
- 1-garlic clove, minced

• **FILLING:**

- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 2-teaspoons minced fresh basil
- 1-teaspoon minced fresh parsley
- 1-carton (15 ounces) ricotta cheese
- 2-cup shredded part-skim mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1-large egg, lightly beaten
- 1-teaspoon minced fresh oregano
- 1/8 teaspoon pepper

DIRECTIONS:

1. Take a large bowl, put 5 cups of flour in it. Then beat the eggs along with oil and water and pour in the flour. Mix well so that the flour entirely absorbs it, and then make a ball of that dough. Knead well for 4-6 mins till soft and elastic. Keep adding more flour to stop the dough from sticking, if necessary, for 30 mins cover the dough.
2. Take a Dutch oven, put all the ingredients for the sauce and then boil for some time. After boiling, reduce the heat; for 1 hour, simmer it while stirring occasionally.
3. For the filling, put all the ingredients in a large bowl. Mix well and then cover and put in the refrigerator until it gets ready.
4. Divide the dough into fourths; with 1/16-in thickness, roll 1-portion of the dough, but cover it until you are ready to use it. Quickly place the round shaped teaspoons of the fillings over the pasta sheet at one side. Then turn over the other side of the pasta sheet over the placed rounded fillings. Press lightly to seal the sides and then cut into squares with the help of a pastry wheel. Start repeating the process again & again to make many squares.
5. Boil salted water in a soup kettle. Then put ravioli into it; with time, reduce the heat and then simmer until the ravioli start floating on the water-top or

till tender. Enjoy the ravioli with a tasty sauce.

NUTRITION VALUES

- 10-ravioli: 856 calories
- 27g fat (13g saturated fat)
- 279mg cholesterol
- 110g carbohydrate (19g sugars, 7g fiber)
- 42g protein.

61. Copycat: Homemade Alfredo sauce



DIRECTIONS:

1. We will make our Alfredo sauce now that our noodles are in the freezer.
2. Should not also forget to heat the sauce with marinara. To do so, heat the marinara sauce in a saucepan and keep warm to serve.
3. Serving the fritters
4. Remove them from the freezer to serve. Let them sit down for about 15 minutes on the tray in 2 separate bowls. Place two broken eggs within one pot, and place 1/4 cup Parmesan cheese to the second bowl's breadcrumbs. Set aside two plates.
5. You're ready to make frittata's Lasagna.
6. Heat your fryer or deep casserole and fill the

- fried lasagna with enough canola oil to cover.
7. Dip your frittata lasagna gently into the eggs, then the breadcrumbs.
 8. Coat your frittata very thoroughly, and make sure you are filled with top and end. Do each Fritta and set them vertically on the standing plate.
 9. When the oil is heated enough and ready for frying, just fry your frittata gently until lightly brown—a place to dry on a paper towel.
 10. Assemble the dish. The Alfredo sauce can be poured on the plate and fried lasagna, marinara sauce, then sprinkled with grated cheese.

62. Copycat: Angry Alfredo with Chicken



Preparation Time: 5-minutes Cooking Time: 50-minutes

INGREDIENTS:

- For Sauce:
- Quarter tsp red pepper chili flakes
- Four ounces of butter
- One cup heavy cream
- For Chicken:
- 1-tablespoon olive oil Top with
- 8 ounces chicken breast salt and pepper
- 1/2 cup Mozzarella cheese

DIRECTIONS:

1. In 8 ounces of Chicken breast, add salt and pepper, add one tablespoon olive oil. Add the heavy cream, and then add the cheese and stir until the sauce thickens until it starts to bubble. Lower the temperature to simmer. Add the crushed red peppers and ground garlic.
2. The chicken is flavored with salt and pepper. Preferably an iron skillet over medium-high heat in a medium-sized pan and add a few olive oil tablespoons.
3. For five to seven minutes, cook the chicken or cook until the chicken edges start turning white, flip the chicken breast over and continue cooking until finished. The chicken will cook for another 5 to 7 minutes.
4. Preheat the grill over your oven. Enable the chicken to lie down for a few minutes, then slice into pieces of bite-size. Combine the Chicken and the Alfredo sauce. Layer in a quarter saucepan. Cover with cheese made from mozzarella.
5. Place the saucepan under the broiler and let the cheese brown.
6. When the cheese from Mozzarella just starts brown, remove it from the oven.

63. Copycat: Zuppa Toscana Soup





Preparation Time: 5-minutes Cooking Time: 20-minutes Servings: 5

INGREDIENTS:

- Heavy cream (1 cup)
- Diced medium onion (1)
- Torn kale pieces (6 cups)
- Ground hot sausage (1 lb.)
- Minced garlic cloves (3)
- Chicken broth (2 32 oz. cartons)
- Flour (1 tbsp.)
- Russet potatoes (6)

DIRECTIONS:

1. Crumble and toss the sausage into a large soup pot using the medium temperature setting. Once browning, mix in the diced onion and garlic. After the onions are translucent, sprinkle using the flour and mix in the broth. Wait for it to boil.
2. Wash the potatoes and cut into halves lengthwise ($\frac{1}{4}$ inch slices). Toss into the boiling pot and simmer until done (20 min.).
3. Set the heat to low. Pour the heavy cream and toss the kale into the pot. Simmer for about five minutes, occasionally stirring before serving.

64. Copycat: Famous Breadsticks



Preparation Time: 15-minutes Cooking Time: 15-minutes Servings: 6

INGREDIENTS:

- ½ teaspoon kosher salt
- 1-package active dry yeast
- ¼ teaspoon garlic powder
- Pinch dried oregano
- 1½ cups plus 2-tablespoons warm water
- 4¼ cups of all-purpose flour
- 1-tablespoon fine salt
- 2-tablespoons unsalted butter softened
- 2-tablespoons sugar
- 3-tablespoons unsalted butter, melted

DIRECTIONS:

1. Preheat the oven to 400°F. Prepare a baking tray, line it with paper.
2. To prepare the dough, pour ¼ cup warm water into a mixing bowl. Add yeast and wait 5 minutes or until bubbles form. Combine with flour, 2-tablespoons butter, sugar, salt, and 1¼ cups and 2-tablespoons warm water. Start mixing for about 5-minutes or until the mixture turns into a dough that is a bit sticky.
3. Remove from bowl and transfer onto a flat surface sprinkled with flour. Knead for 3 mins until the

dough is soft and smooth—form dough into a log that is about 2 feet long. Then, cut dough equally into 1½-inch long pieces, making 16 small pieces in total. For each piece, knead slightly and form into a breadstick about 7 inches long—position breadsticks on a prepared baking tray with 2-inch spaces in between each. Cover, then set aside for 45 minutes or until the dough size has doubled.

4. Using a brush, coat breadsticks with 1½ tablespoons melted butter—season with ¼ teaspoon salt.
5. Proceed to place in the oven & bake for 15-minutes or until slightly golden.
6. As the breadsticks bake, mix remaining salt, garlic powder, and oregano in a bowl.
7. Remove breadsticks from the oven and immediately coat with the rest of the melted butter—season with herb mixture.

65. Copycat: Limoncello Lemonade



Preparation Time: 5-minutes Cooking Time: 30-minutes

INGREDIENTS:

- Lemonade ex. Country Time /Minute Maid (4 oz.)
- Hot water (.25 cup)
- Ice (1-2 cups)
- Lemon juice (4 tsp.)
- Smirnoff Citrus Vodka (1 oz.)
- Granulated sugar (.25 cup)
- Limoncelli liqueur (1 oz.)
- For the Garnish: 1 Lemon slice

DIRECTIONS:

1. Prepare the lemon syrup (juice, sugar, and hot water).
2. Once the mixture is cooled, prepare the drink by combining .75 ounce of the syrup with the lemonade, limoncello, and vodka.
3. Blend using the high-speed setting until it's slushy.
4. Finally, you have left with a serving; a straw & a lemon slice on the rim.

66. Copycat: Lemon Cream Cake



Preparation Time: 5-minutes Cooking Time: 30-minutes Servings: 5

INGREDIENTS:

- Cake:
- ½ teaspoon salt
- 1-teaspoon cream of tartar
- 1-teaspoon vanilla
- 1-cupcake flour
- 1¼ cups sugar, divided
- 1 cup egg whites (about 8-egg whites)
- 2-tablespoons powdered sugar for dusting
- Crumb Topping (optional)
- 2 cups all-purpose flour
- 3-teaspoons water
- 5-teaspoons granulated sugar
- ½ teaspoon salt
- ½ cup (1 stick) butter, melted
- 1-teaspoon lemon juice
- Lemon Cream Filling
- 1 cup cream cheese
- 1 cup heavy cream
- 2/3 teaspoon sugar
- 2/3 teaspoon lemon juice

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Prepare the cake. Combine the flour and ¼ cup sugar and sift four times. To a grease-free mixing bowl, add egg whites, cream of tartar, and salt. Using a whisk attachment, beat until frothy. While beating, add the remaining sugar gradually until the mixture is fine-textured, with soft peaks. Add vanilla and fold in flour mixture, about ¼ cup at a time. Pour evenly into an ungreased 9-inch tube pan. Run a spatula through the batter to break up large air bubbles. Bake until the toothpick inserted at the center comes out clean (about 45–60 minutes). Invert to the pan and let cool completely. With a serrated knife, cut into 2/3 layers. Keep chilled until ready to be assembled.

3. Crumb Topping (if using): Preheat the oven to 350°F and line a baking sheet. In a mixer bowl, mix the flour, sugar, and salt. Beat to blend. Add the melted butter, lemon juice, and water and beat until well-blended. With a teaspoon, add more water if the mixture looks like sand. The mixture should form pea-sized clusters. Keep the sizes uniform for even baking and texture. Start spreading a layer on the baking sheet & bake until golden brown (about 15 minutes). Let cool. If cooked clusters are too large and hard to break with the back of a spoon, use a blender or food processor.
4. Cream Filling: In an electric mixer, whip the cream until soft peaks form. Take another bowl, beat the cream cheese with sugar and lemon juice until smooth. Gently fold into the whipped cream until well-blended. Refrigerate for at least 30 minutes. When it comes to assembling the cake, frost the bottom layer with filling (½ of mixture for 2-layers or ⅓ for 3-layers).
5. Repeat for the second layer (if using 3-layers).
6. Top with the last cake layer. Keep chilled.
7. Before serving, dust it with sugar (powdered) and sprinkle with crumb topping (optional)

67. Copycat: Lasagna Fritta



Preparation Time: 5-minutes Cooking Time: 30-minutes Servings: 5

INGREDIENTS:

- ¼-cup fresh Parmesan grated cheese with dipping
- 2 15 Ounce whole milk ricotta cheese containers (No skim milk)
- 2 Eggs for Dipping.
- 1 Jar sauce to marinara. (5 cheese if possible)
- 2-eggs.
- A cup of fresh Parmesan Grated Cheese
- 1 Cup Romano grated cheese.
- 16 Ounces of fresh, mozzarella grated cheese
- 1-cup Asiago grated cheese.
- 2 Italian seasoning at Tablespoon.
- 1 1/2 cup Italian breadcrumbs

DIRECTIONS:

1. Please rub all your cheeses freshly and put them in separate bowls.
2. Put your egg, ricotta cheese, Mozzarella cheese, Parmesan cheese, Asiago grated cheese, Romano cheese, and Italian seasoning into a cup. Mix this well.
3. It looks like a thick cheese mixture. Refrigerate for later use.
4. (According to the directions on the package) Boil lasagna noodles.
5. When cooked, rinse them very well with cold water, and put one on the cutting board. Cut off ribboning noodle edges, and discard the piece of ribbon. Do all your noodles, setting them aside gently.
6. Spreading mixture of cheese
7. Place your cut lasagna noodle on the cutting board, lengthwise. Spread goodness over the noodle over a thin layer of cheese mixture.
8. Start the noodle at the end and fold over approx. 2 inches. Fold 2 inches again. You'll be left with a little slice of the noodle. Lay them onto a plate and stick for an hour in the freezer before ready to eat. You can freeze to use later. Just put each lasagna in a plastic bag separately.

9. To be close to the Olive Garden Lasagna fs recipe, we need to make our Alfredo sauce.

68.

Copycat: Meat Sauce for Children



Preparation Time: 5-minutes Cooking Time: 50-minutes Servings: 5

INGREDIENTS:

- 1 Italian Sausage Pepperoni
- 5/6 Crushed Tomatoes
- 1-mix Italian Seasonings
- 1 Jar Marinara Sauce
- 1/2 Onions
- 3-teaspoon Olive Oil
- 10 Once Ground Beef

DIRECTIONS:

1. First, sauté the onions in olive oil. Add the chopped tomatoes once the onions become translucent, and then add marinara sauce. Switch to a simmer.
2. Combine ground beef and Italian sausage in a large skillet until thoroughly cooked. Drain the fat, then add the cooked meat with the sauce into the large pot. Stir in the pepperoni and Italian seasonings and cook for about 20 minutes—season with pepper & salt.
3. This will make a huge pot of sauce; consider extending the sauce with an extra jar of marinara or a tomato can if you have a larger family.
4. Wait until all the meats season the sauce

before making any changes since we are adding too many different spicy meats.

5. You may want to freeze this sauce if you have a smaller family and use it later.

CATEGORY 12 RECIPES - Pei Wei

69. Copycat: Vietnamese Chicken Salad Spring Roll



Preparation Time: 10-minutes Cooking Time: 1-minutes Servings: 5

INGREDIENTS:

- Chicken, diced and cooked, about 6-chicken tenders drizzled with soy sauce, honey, garlic powder, and red pepper flakes
- Lime dressing
- 1 or 2 Carrots, cut into 1-inch matchsticks
- 2-once Peanuts
- 1 case Salad
- 2 Rice Wrappers
- ½ Green leaf lettuce like Boston Bibb lettuce
- ½ Napa cabbage, shredded
- ½ once Mint, chopped
- 2-tablespoons lime juice, about 1-lime
- 1½ teaspoons water
- 1 or 2 Green onions, chopped
- 1-tablespoon sugar
- 1-teaspoon salt
- Dash of pepper
- Add everything but the oil to a small container or bowl and shake or stir until the sugar & salt are dissolved. Next, add the oil and shake well.
- 3-tablespoons oil
- Peanut dipping sauce

- 2-tablespoons soy sauce
- 1-teaspoon sweet chili sauce
- ¼ cup peanut butter
- 1-teaspoon lime vinaigrette
- 1-tablespoon rice wine vinegar
- 2-tablespoons brown sugar
- 1-teaspoon chipotle Tabasco
- 1-teaspoon honey
- To combine all the ingredients, mix them thoroughly in a bowl.

DIRECTIONS:

1. Take a large bowl & start mixing all of the salad ingredients except for the rice wrappers and lettuce.
2. Then start placing the rice wrappers in warm water for about 1-min to soften.
3. Transfer the wrappers to a plate and top each with 2-pieces lettuce.
4. Top the lettuce with the salad mixture and drizzle with the lime dressing. Fold the wrapper by tucking in the ends and then rolling.
5. Serve with lime dressing and peanut dipping sauce.

70. Copycat: Crab Wonton



Preparation Time: 10-minutes Cooking Time: 5-minutes Servings: 6

INGREDIENTS:

- ½ tablespoon garlic powder
- ½ pound cream cheese softened
- Splash of soy sauce
- 1 (7-ounce) can white crab meat
- 2–3 green onions, sliced
- Wonton wrappers
- Cooking oil

DIRECTIONS:

1. Combine the crab, cream cheese, green onions, garlic powder, and soy sauce in a bowl. Keep on stirring until the mixture changes to a paste-like consistency.
2. Spoon a bit of the mixture into each wonton wrapper and fold. Seal around the edges with a moistened finger.

CATEGORY 13 RECIPES - Jamba Juice

71. Copycat: Peach Perfection Smoothie



Preparation Time: 10-minutes Cooking Time: 0-minutes Servings: 6

INGREDIENTS:

- ½ cup frozen strawberries
- ¼ cup apple juice
- ¾ cup ice
- ¼ cup strawberry juice
- ½ cup peach juice
- ¼ cup orange juice
- 1-medium peach, pitted, sliced

DIRECTIONS:

Mix all the ingredients and blend

72. Copycat: Orange C-Booster Smoothie



Preparation Time: 10-minutes Cooking Time: 0-minutes Servings: 6

INGREDIENTS:

- ½ cup frozen pineapple chunks
- 1-small frozen peach, sliced (slice before freezing)
- 1 cup freshly squeezed orange juice
- 1-small frozen banana, sliced (slice before freezing)

DIRECTIONS:

Mix all the ingredients and blend

73. Copycat: Peanut Butter & Jelly Smoothie



Preparation Time: 10-minutes Cooking Time: 0-minutes Servings: 6

INGREDIENTS:

- 2-tablespoons smooth peanut butter
- 1-frozen banana, sliced (slice before freezing)
- 1 cup almond milk
- 6-strawberries. hulled
- 1oz. fresh raspberries
- 1-teaspoon maple syrup
- 1 cup of ice cubes

DIRECTIONS:

Mix all the ingredients and blend.

74. Copycat: Orange Carrot Karma Smoothie





Preparation Time: 10-minutes Cooking Time: 0-minutes Servings: 6

INGREDIENTS:

- 1-scoop vanilla sherbet
- $\frac{3}{4}$ cup ice
- $\frac{1}{2}$ cup freshly squeezed orange juice
- $\frac{1}{2}$ cup frozen mango chunks
- 1 cup carrot juice
- $\frac{1}{2}$ frozen banana, sliced

DIRECTIONS:

Mix all the ingredients and blend

75.

Copycat: Peanut Butter Moo'd Smoothie



Preparation Time: 10-minutes Cooking Time: 0-minutes Servings: 6

INGREDIENTS:

- ½ cup vanilla sherbet
- 1 cup of ice cubes
- ¾ cup coconut milk
- ½ frozen banana, sliced
- 1-teaspoon cacao powder
- 2-tablespoons smooth peanut butter

DIRECTIONS:

Mix all the ingredients and blend

76.

Copycat: Orange-A-Peel Smoothie



Preparation Time: 10-minutes Cooking Time: 0-minutes Servings: 6

INGREDIENTS:

- ¼ cup vanilla nonfat frozen yogurt
- 1 cup ice
- 1 cup fresh orange juice
- ½ cup frozen strawberries
- 1-frozen banana, sliced
- 1-teaspoon freshly grated orange zest

DIRECTIONS:

Mix all the ingredients and blend

CATEGORY 14 RECIPES - Starbucks

77. Copycat: Iced Chai Latte



Preparation Time: 30-minutes Cooking Time: 0-minutes Servings: 4

INGREDIENTS:

- 8 cups water
- 8 Chai teabags
- Milk (to taste)

DIRECTIONS:

1. Over moderate heat settings in a large pot, boil the water & then add in the tea bags. Let steep for half an hour.
2. Remove the tea bags & before you add them to a pitcher; let them cool.
3. Let chill in a refrigerator or fridge overnight.
4. Transfer half glass of the chai mix & top it with the milk.
5. Add in the ice cubes; stir several times. Serve & enjoy.

78. Copycat: Frozen Caramel Macchiato



Preparation Time: 15-minutes Cooking Time: 5-minutes Servings: 1

INGREDIENTS:

- 2-tablespoons vanilla syrup
- 1 cup whole milk, ice-cold
- 8-ice cubes
- 2-tablespoons half & half
- 4-tablespoons whipped topping
- 2 -3 tablespoons buttery rich caramel syrup, thick
- 2-fluid ounces original Starbucks whole bean espresso coffee or brewed Starbucks espresso

DIRECTIONS:

1. First, brew the Starbucks espresso shot.
2. Now, fill a large glass with ice; leave approximately 2 inches from the top, add whole milk, and then pour 2-tablespoons of heavy cream or half & half.
3. Now add vanilla syrup & brewed Starbucks whole bean espresso on top of the milk.
4. Drizzle the indoor of your glass with thick

caramel syrup & top with whipped cream; lastly, drizzle a small amount of caramel syrup more over the top.

79. Copycat: Maple Walnut Scones



Preparation Time: 55-minutes Cooking Time: 20-minutes Servings: 12

INGREDIENTS:

- For the scones:
- 1/2 tsp liquid stevia, to taste
- 2 1/2 cups almond flour
- 1/4 cup butter, melted
- 3/4 cup toasted walnuts, chopped
- 1/3 cup erythritol
- 2-large eggs
- For the glaze:
- 1 tbsp sugar-free pancake syrup
- 3 tbsp powdered erythritol
- 1 tbsp butter
- 1 tbsp cream cheese

DIRECTIONS:

1. In a mixing bowl, put in all the dry ingredients. Mix them well and break up any lumps.
2. In another mixing bowl, put in all the wet ingredients. Mix them very well.
3. Pour the wet ingredients into the dry

- ingredients. Mix them manually until dough is formed.
4. Roll the dough into a rectangle with 1/2 to 3/4 inch in thickness.
 5. Cut the dough into 12 equal parts.
 6. Take a baking sheet creased with parchment paper, arrange the scones.
 7. Preheat the oven to 350 degrees F.
 8. For about 15 mins, bake the scones or until cooked.
 9. Let the scones cool down completely.
 10. To make the glaze:
 11. In a microwaveable bowl, put together the cream cheese and butter.
 12. Microwave for about 30 seconds.
 13. Mix until there are no lumps. Microwave the mixture again if needed.
 14. Stir in the pancake syrup followed by the sweetener. If the glaze becomes too much thick, you can warm it in the microwave for 30 seconds.
 15. Before serving, drizzle the glaze on the scones.

80. Copycat: Lemon Bread



Preparation Time: 70 minutes Cooking Time: 55 minutes Servings: 15

INGREDIENTS:

- 6-eggs
- 9 tbsp butter, melted

- 2-lemons, zested
- Splash of heavy whipping cream
- 4 tsp fresh lemon juice
- 1 1/2 tsp baking powder
- 1/2 cup + 2 tbsp coconut flour
- 2/3 cup monk fruit classic
- 2 tbsp heavy whipping cream
- 2 tbsp cream cheese, softened
- 1 tsp vanilla
- 1/2 tsp salt

DIRECTIONS:

1. In the microwave, melt the butter and let it cool down.
2. In a mixing bowl, beat the eggs. Add in the salt, heavy whipping cream, baking powder, monk fruit classic, vanilla, and cream cheese. Mix thoroughly.
3. Add into the mixture the coconut flour, melted butter, lemon juice, and lemon zest. Mix thoroughly.
4. Transfer the mixture into a bread pan lined with paper parchment.
5. Preheat the oven to 325 degrees F.
6. Bake, the bread batter for 55 minutes or until the top is starting to turn brown. To know that the bread is cooked thoroughly, insert a toothpick in the center, and nothing will stick to the toothpick when it comes to pulling it out.
7. To make the glaze:
8. For the glaze, till the texture is smooth, whisk all of the ingredients together.
9. Put the glaze on the bread while it is still warm. Spread the glaze and let it drip over the sides of the bread.

81. Copycat: Egg Bites





Preparation Time: 55-minutes Cooking Time: 20-minutes Servings: 12

INGREDIENTS:

- 1/2 cup heavy whipping cream
- 10-eggs
- 1 cup bacon, cooked
- 1 cup cheese of your choice, shredded
- 1-red pepper, chopped
- Spray oil
- 1 tsp salt
- 1 tsp pepper

DIRECTIONS:

1. Prepare a muffin pan either made of tin or silicone by spraying with cooking oil.
2. Then take a blender and put all the ingredients together. Pulse them just for a few seconds to ensure that all the ingredients are mixed well.
3. Pour the blended mixture into the muffin molds. Each mold should be 3/4 full only to give some room for the batter to rise.
4. Preheat the oven to 350 degrees F.
5. In the lowest rack of the oven, put a pan filled with 2 cups of water. Place the muffin pan with the egg bites on the rack in the middle of the oven.
6. Bake the egg bite for 20 minutes or until

they turn golden brown.

82. Copycat: Cranberry Bliss Bars



Preparation Time: 55-minutes Cooking Time: 45-minutes Servings: 16

INGREDIENTS:

- 1/4 cup ground golden flax
- 1/3 cup sweetener of your choice
- 1/4 cup almond flour
- 1 cup fresh cranberries
- 1/2 tsp pure stevia
- 2-eggs
- 6 tbsp butter, softened
- 1/4 cup coconut flour
- 1 tsp baking powder
- 1/2 tsp orange extract
- 1 tsp vanilla extract
- 1 tsp molasses
- pinch salt
- cooking spray
- For the frosting:
 - 4 oz cream cheese, softened
 - 1/2 cup powdered sweetener
 - 4 drops lemon extract
 - 1 tbsp butter, softened

DIRECTIONS:

1. Toss the fresh cranberries in a food processor together with the stevia.
2. Grease an 8x8 inch baking dish using a cooking spray.
3. Combine the sweetener and butter and cream them together.
4. Add in the eggs, salt, orange and vanilla extracts, and molasses. Mix well.
5. Start putting the dry ingredients & mix thoroughly.
6. Fold the cranberries into the mixture.
7. Take a greased baking dish and carefully transfer the mixture.
8. Preheat the oven to 350 degrees F.
9. Bake the batter for 30 minutes until it turns golden brown. Set it aside to cool down, usually around 15 minutes.
10. You need to take a mixing bowl & start combining the ingredients for frosting until the mixture becomes fluffy.
11. On the top of cooked bars, gently spread the frosting. Be gentle enough that the bars will not crumble.
12. Now is the time to put it in the refrigerator until it gets cold & firm enough to be cut into small squares.

CATEGORY 15 RECIPES - Cheesecake Factory

83. Copycat: Chocolate Chip Cookie Dough Cheesecake



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 14

INGREDIENTS:

- 1/3 cup butter, melted
- 1/4 cup sugar
- FILLING:
- 3-large eggs, room temperature, lightly beaten
- 3-packages of softened cream cheese
- 1 cup sour cream
- 1 cup sugar
- 1/2 teaspoon vanilla extract
- Cookie dough:
- 1/2 cup all-purpose flour
- 1/4 cup packed brown sugar
- 1-1/2 cups of divided miniature semisweet chocolate chips
- 1/4 cup butter, softened
- 1/4 cup sugar
- tablespoon water
- 1-teaspoon vanilla extract

DIRECTIONS:

1. Combine the sugar and cookie crumbs in a small bowl; whisk in butter. Press down and click 1 in. Up the sides of a 9-in grated. Pan springform. Place the casserole on a baking sheet; set aside.
2. Beat cream cheese and sugar in a big bowl until smooth. Mix in Vanilla and Sour cream. Add eggs; beat only until combined, at low speed. Sprinkle over the crust; set aside.
3. Mix butter and sugars in another tub until

light and fluffy—season with water and coffee. Add flour slowly and blend well. Add 1 cup chocolate chips.

4. Drop dough over filling by teaspoonfuls, moving dough gently beneath the surface (filling will cover the dough completely). Place the pan on a tray to bake.
5. Start baking for 45-55 minutes at 350° Fahrenheit, until the center is nearly set. Cool off for 10 minutes on a wire rack. Start running a knife around the pan edge to loosen; cool up for 1 hour. Chill overnight.
6. Remove pan hand. Sprinkle with any chips leftover—leftovers to cool.

84. Copycat: Famous Factory Meatloaf



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- Meatloaf:
- 1-teaspoon of ground black pepper
- $\frac{3}{4}$ cup of breadcrumbs
- $\frac{1}{2}$ teaspoon of paprika
- 1-teaspoon of ground sage
- $\frac{3}{4}$ cup of whole milk
- 1 $\frac{1}{2}$ teaspoon of dried thyme
- 2-teaspoons of salt
- 1 $\frac{1}{2}$ pound of ground sirloin
- $\frac{1}{3}$ cup of shredded and minced carrot
- $\frac{1}{2}$ cup of minced red onion
- 3-eggs, beaten
- 1-tablespoon of granulated sugar
- 2-tablespoons of minced red bell pepper
- 1-tablespoon of minced Italian parsley
- 1-tablespoon of vegetable oil
- 1 pound of ground pork
- 2-tablespoons of minced green bell pepper
- Grilled Onion Ingredients:
- 2-tablespoons of butter
- $\frac{1}{4}$ teaspoon of salt

- 1-medium sliced onion
- ¼ teaspoon of ground black pepper
- Mushroom Gravy Ingredients:
- 1-14 ounce of beef broth
- 2-tablespoons of garlic
- ¼ teaspoon of ground sage
- ¼ teaspoon of dried thyme
- 1 ½ cups of sliced mushrooms
- 2-tablespoons of all-purpose flour
- 1-teaspoon of minced Italian parsley
- ¼ teaspoon of ground black pepper
- ¼ teaspoon of salt

DIRECTIONS:

- 1) Up to 350 degrees F, prepare your oven by preheating it.
- 2) Take a medium sauté pan and place it over medium-low heat with a tablespoon of oil in it. Slowly sauté the minced red and green bell peppers for about 5 minutes.
- 3) Take a large bowl and whisk the eggs in it. Add the ground pork, beef, sautéed veggies, and all the other ingredients, but leave out the breadcrumbs. Manually mix all the ingredients until everything is blended, then sprinkle some breadcrumbs in a little bit at a time. Place the meatloaf into a 9-x 5-inch loaf pan and bake it in the oven for about an hour. You need to take out the meatloaf from the oven & let it chill for about 30 minutes.
- 4) In the meantime, you can grill the onions while the meatloaf cools. Place butter in a medium sauté pan over medium-low heat, add onions, pepper, and salt, and start cooking for 20-25 minutes & stir until the onions turn light brown.
- 5) Prepare the gravy, take a pan, place butter in it over medium-low heat, let it melt, and add garlic and sauté it for 1 minute. Start adding flour and start cooking for 2-3 minutes while constantly whisking until the mixture is light brown. Start adding the rest of the ingredients & simmer for 10-15 minutes or until the sauce gets thicker.
- 6) To serve the meatloaf, you will need to preheat the broiler to high first. Take the meatloaf from the loaf pan and slice it into nine 1-inch-thick slices. Put the slices on a baking sheet, and

place them under the broiler for about 2 to 3 minutes, until the meatloaf slices are hot.

- 7) Put the slices of meatloaf on a serving plate, pour gravy over them, and top with grilled onions. Enjoy!

Tip: Be sure to use both pork and sirloin for the best flavor.

85. Copycat: White Chocolate Raspberry Truffle Cheesecake



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- Oreo Crust
- $\frac{1}{3}$ cup butter, melted
- 10 ounces fresh raspberries, washed, rinsed, and dried with paper towels
- $1\frac{1}{2}$ cups Oreo baking crumbs
- Raspberry Sauce
- 2-tablespoons lemon juice
- $\frac{1}{4}$ cup sugar
- Filling
- 4 (8-ounce) packs cream cheese, at room temperature
- $1\frac{1}{4}$ cups sugar
- 2-teaspoons vanilla
- 5-eggs, at room temperature
- $\frac{1}{2}$ cup sour cream, at room temperature
- 4 ounces white chocolate, chopped
- Garnish
- $\frac{1}{2}$ cup powdered sugar
- 1 cup heavy whipping cream
- White chocolate shavings, for garnish

DIRECTIONS:

1. Preheat the oven to 475°F. Line a springform pan. With aluminum foil, wrap the outer part of the pan as well.
2. Place a large pan filled $\frac{1}{2}$ -inch deep with water in the oven as it heats. Make sure to maintain the water at this level.
3. Combine the crumbs and butter well and press into the bottom of the springform pan. Cover and freeze until filling is ready.
4. To make the raspberry sauce, combine the ingredients in a saucepan and bring to a boil. With constant stirring, simmer until raspberries are broken down. Drain into a bowl and let cool. Set aside.
5. You need to start placing cream cheese, sugar, sour cream, & vanilla in a bowl for an electric

mixer. Set speed to low and mix until smooth.

6. Add eggs one at a time, while mixing, until well-blended.
7. Now, you need to sprinkle the bottom of the crust with the chopped white chocolate.
8. Pour half of the filling into the pan, spreading with a spatula.
9. Scoop out about $\frac{1}{3}$ cup of the cooled raspberry sauce and store any remaining sauce for future recipes.
10. Pour half of the scooped raspberry sauce into the filling, and then make a quick swirl with a butter knife.
11. Add the rest of the filling and swirl in the remaining raspberry sauce.
12. Place the pan (with the outer bottom lined) in the water bath.
13. Start baking for 12-mins, then reduce oven temperature to 350°F.
14. Continue baking until the top of the cheesecake turns light brown (about 1 hour).
15. Do not open the oven. Leave the pan in the oven for about 1–2 hours to cool completely.
16. Remove from the oven, cover with plastic wrap and refrigerate overnight.
17. Whip the cream and powdered sugar rapidly (about 5 minutes).
18. Remove cheesecake from the pan and sprinkle with white chocolate shavings.
19. Serve with whipped cream.

86. Copycat: Peanut Butter Chocolate Cake

Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- Filling:
- 3-large eggs, room temperature, lightly beaten
- 3-packages of softened cream cheese
- 1 cup sour cream
- 1 cup sugar
- 1-1/2 teaspoons vanilla extract

DIRECTIONS:

1. Bake for 7-9 minutes at 350 ° C, or until set. Nice, on a rack of wire. Heat peanut butter over high for 30 seconds or until softened in a microwave-safe bowl. Spread to within 1 in over crust. On rims.
2. Start beating cream cheese & sugar in a bowl until smooth. Mix in Vanilla and Sour cream. Add eggs; beat only until combined, at low speed. Pour into a bowl 1 cup of the filling; set aside. Pour over the layer of peanut butter over the remaining filling.
3. Heat 1/4 cup fudge in a microwave topping up for 30 seconds or until thin; fold it into reserved cream cheese mixture. Garnish carefully over filling; swirl around with a knife.
4. Back pain to baker board. Bake for 55-65 minutes at 350 ° C or until the center is set. Cool off for 10 minutes on a wire rack. Start running a knife around the pan edge to loosen; cool up for 1-H.
5. Spread over cheesecake for 30 seconds or until warmed; microwave remaining fudge topping over. Garnish with cups of peanut butter. Chill overnight—leftovers to cool.

87. Copycat: Fried Macaroni and Cheese

Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- Oil for deep-fat frying
- 2-tablespoons butter
- 20 uncooked jumbo pasta shells
- 2 cups panko bread crumbs
- 1/2 large eggs
- 1 cup heavy whipping cream
- 2 cups shredded cheddar cheese
- 2 cup all-purpose flour
- 3/4 cup grated Parmesan cheese, divided
- 2 cups uncooked small pasta shells
- 1-package (16 ounces) Velveeta, cubed
- 1-1/4 cups 2% milk, divided

DIRECTIONS:

1. For al dente, cook the pasta separately according to package directions; drain. Melt the butter in a large saucepan. Add Velveeta, Cheddar cheese, Parmesan cheese, milk, and 1/4 cup. Cook and mix until combined over low heat. Take off fire.
2. Combine small pasta shells and half of the cheese mixture into another large saucepan; set aside. Stir 1 cup of milk into the remaining cheese mixture for dipping sauce; keep warm.
3. Whisk the eggs in a shallow bowl of leftover milk. Mix the bread crumbs and remaining Parmesan cheese in another shallow bowl. Place the flour in a shallow, third dish. Fill with scant 1/4 cup pasta mixture on each large shell. Dip both sides in flour to coat; shake off the excess. Dip in a mixture of eggs, then in a mixture of bread crumbs, patting to help adhere to the coating.
4. You need to start heating the oil to 375° F in an electric skillet or deep fryer. Fry eggs, a few at a time, on each side for 1-2 minutes, or until deep golden brown. Drain on towels made from cloth. Serve with sauce to dip.

88. Copycat: Mini Crab Cakes



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- Vegetable oil
- 2-tablespoons minced red bell pepper
- 2-tablespoons of minced green onion (just the green part)
- 3-tablespoons of plain breadcrumbs
- ½ teaspoon of mustard
- 1-teaspoon of Old Bay seasoning
- 1-teaspoon of minced fresh parsley
- ¼ cup of Panko (Japanese breadcrumbs)
- ½ beaten egg
- 2-tablespoons of mayonnaise
 - Remoulade Sauce Ingredients:
 - 1-teaspoon of lemon juice
 - ½ teaspoon of chili powder
 - ½ teaspoon of paprika
 - 2-teaspoons of chopped dill pickle slices (hamburger pickles)
 - ½ teaspoon of minced fresh parsley
 - 2-teaspoons of capers
 - ⅛ teaspoon of sea salt
 - ¼ teaspoon of ground cumin
 - ¼ teaspoon of cayenne pepper
 - ½ cup of mayonnaise

DIRECTIONS:

1. Use a large bowl to combine the mustard, Old Bay seasoning, parsley, egg, pepper, onion, and mayonnaise. Whisk all the ingredients together. Carefully add both types of breadcrumbs and the crab into the mixture.
2. Lightly coat 6 cups of a nonstick standard-size muffin tin, then use your hands to put crab mixture into these cups. Press down the mixture in the cups to make the top flat. Try not to press too hard, as the cake

may become too hard to get out. Start covering the cups with plastic wrap & place them into the refrigerator for about 1-H.

3. Prepare the remoulade sauce by mixing all its ingredients in a small bowl. Take a plastic wrap & cover the bowl. Let it cool down until the crab cakes are ready to serve.
4. After an hour of cooling, pour about ¼-inch of vegetable oil into a large pan, and heat it over medium-low heat. You need to take a shallow bowl & start filling it with Panko breadcrumbs.
5. Carefully take the crab cakes out of the muffin tins, and place them onto a plate. Gently roll each one of them around in the Panko breadcrumbs so that each crab should have a light coating of Panko.
6. You must ensure that the oil is hot enough by dropping a pinch of Panko into it. If it sizzles, then it's time to sauté the crab cakes in the oil for about 1-½ to 3 mins per side, or until the crab cakes turn golden brown. Cook on the other side for about the same period.
7. Once ready, drain the crab cakes on paper towels, and serve them in a little dish with remoulade sauce on the side.

Tip: If you have trouble finding Panko breadcrumbs, check the Asian section of the grocery.

89. Copycat: Luau Salad



Preparation Time: 10-minutes Cooking Time: 10-minutes Servings: 4

INGREDIENTS:

- Fresh green beans (1.5 cups blanched)
- Chicken breasts (3)
- Red & Yellow bell pepper (1 each)
- Fresh mango (1)
- Red onion (1)
- Chinese Five Spice Powder (.5 tsp.)
- Cucumber slices (1 cup)
- The Dressing:
- Balsamic vinaigrette (.25 cup)
- Sesame oil (1 tsp.)
- Kosher salt (1 tsp.)
- Granulated sugar (.25 cup)
- Rice vinegar (.25 cup)
- Black pepper (.25 tsp.)
- Possible Garnishes:
- White & Black sesame seeds (2 tsp. each)
- Macadamia nuts (4 oz.)
- Egg roll wrappers (8
- 6-inches each)
- Green onions (1 oz. sliced)
- Sweet & Sour Sauce (4 oz.)
- Carrots (4 oz.)

DIRECTIONS:

1. Do the prep—grill and slice the chicken into thin strips. Also, slice the peppers into strips. Dice the mango and onion into small pieces. Slice the cucumber and other garnishes to your liking.
2. Toss the chicken using the Five Spice powder.
3. Toss the cucumber slices, mixed greens, peppers, green beans, chicken, mango, onions, pepper, and salt in a large salad bowl.
4. In another bowl, whisk the vinaigrette, vinegar, sesame oil, and sugar.
5. Spritz the dressing over the salad and gently toss.

6. Smudge a bit of the sweet and sour sauce over each crispy egg roll wrapper. Serve.

CATEGORY 16 RECIPES - Denny

90. Copycat: Club Sandwich

Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- 4 ½ teaspoons of mayonnaise
- 2 to 3 slices of cooked bacon
- 3-slices of toasted white bread
- 2-tomato slices
- 2-iceberg lettuce leaves
- 3 ounces of sliced turkey breast (deli-sliced)

DIRECTIONS:

1. Start spreading 1-½ tsp mayonnaise on one side of each toasted piece of white bread.
2. Place the turkey breast on one slice of the toast with the mayonnaise facing up and touching the turkey.
3. Take an iceberg lettuce leaf and tear it or fold it to fit exactly the sliced turkey.
4. Start pasting mayonnaise on one side of the other slice of toast (on the side facing up).
5. Take the slices of cooked bacon and break them to fit the top of the second slice of toast.
6. Take the other lettuce leaf and tear it (or fold it) to fit the bacon's top.
7. Place the tomato slices to fit the lettuce leaf.
8. Take the last slice of toast and top off the

sandwich by placing it with the mayonnaise-coated side facing down. Slice into four triangles.

91. Copycat: French Toasts



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- Batter:
- $\frac{1}{8}$ teaspoon cinnamon
- 4-eggs
- $\frac{1}{4}$ teaspoon salt

- Other ingredients
- Powdered sugar for dusting
- 6-slices bread loaf, sliced thick
- Syrup as desired
- 3-tablespoons butter

DIRECTIONS:

1. For the batter, in a bowl, mix the ingredients.
2. Soak bread slices in batter one at a time for at least 30 seconds on both sides. Allow excess batter to drip off. Start melting 1-tbsp butter in a pan, cook buttered bread over medium heat for 2-mins or until each side is golden brown. Move slice to a plate.
3. Dust with powdered sugar, if desired, and with syrup poured on top.

92. Copycat: Grand Slamwich



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- 2-slices of potato bread

- 2-teaspoons of mayonnaise
- 1 ½ tablespoon of softened butter
- Maple syrup
- 4-slices of thinly sliced deli ham
- 2-slices of American cheese
- Pinch of salt and pepper
- 2-pieces of cooked bacon, crumbled
- 2-links of breakfast sausage (removed from casings and cooked)
- 2-eggs

DIRECTIONS:

1. Take a large griddle pan and a small (6-inch) pan and place them over medium heat.
2. Take a small bowl & start mixing some maple syrup with a tablespoon of softened butter. Start spreading the mixture onto one side of each bread slice.
3. Use a medium bowl to whisk the eggs.
4. Place ½ tablespoon of butter into the hot omelet pan and gently pour in the egg mixture. Add the sausage and cooked bacon to the pan, with just a pinch of salt and pepper. When you notice the egg mixture starting to become firm on the bottom, stir the pan's eggs with a fork. You can let them cook a bit more and then stir again to make sure that the uncooked egg runs onto the pan. When the egg mixture is cooked, you can fold it to take the approximate shape of a slice of bread and turn off the heat under the pan.
5. Put a slice of bread with the buttered side facing down into the preheated griddle pan. On the side facing up, spread the mayonnaise, put a slice of cheese,

then add the ham. You need to take the egg and place it on top of the ham, followed by the other cheese slice. Place the last slice of bread with the buttered side facing up on top of the sandwich.

6. Leave the sandwich while cooking for a minute or two, or until the bottom slice gets brown from the bottom, and flip the whole sandwich over to cook on the other side for about the same period (or until it is golden brown on the bottom).
7. Use a plate while removing the sandwich from the pan. Let it cool for about 1 minute, slice diagonally through the middle, and serve.

93. Copycat: Loaded Veggie Omelet

Preparation Time: 10-minutes Cooking Time: 60-minutes Servings: 4

INGREDIENTS:

- 2-tablespoons of chopped onion
- $\frac{1}{8}$ teaspoon of ground pepper
- $\frac{1}{3}$ cup of chopped green pepper
- $\frac{1}{3}$ cup of chopped tomato
- $\frac{1}{8}$ teaspoon of sea salt
- 1-tablespoon of butter
- 3-tablespoons of water
- 3-eggs
- 2-teaspoons of olive oil

DIRECTIONS:

1. Take a small pan and use just a bit of olive oil to sauté the green pepper and onion on medium-high heat until tender. Take the veggies out of the pan and set them aside.
2. Melt some butter in the same pan over medium-high heat. Use a bowl to whisk together the eggs, water, salt, and pepper. Pour the egg mixture into the pan.
3. As the mixture starts to cook, push the cooked part toward the pan's center, leaving the uncooked part to flow underneath. As soon as the eggs are set, you can add the veggie mixture and place tomato slices on one side. Fold the omelet to cover the filling and remove it from the pan to a plate.
4. Tip: Cooking this omelet is not rocket science; just make sure you chop everything well, so you don't get any bites of uncooked veggies.

94. Copycat: Fabulous French Toast

Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- $\frac{2}{3}$ cup of whole milk
- 6-slices of thick bread (it can be Texas toast or some other toast of your choice)
- 4-eggs
- 3-tablespoons of butter
- $\frac{1}{8}$ teaspoon of ground cinnamon
- $\frac{1}{3}$ cup of all-purpose flour
- $\frac{1}{4}$ teaspoon of sea salt
- Toppings:
- Maple syrup
- Butter
- Powdered sugar

DIRECTIONS:

1. First, you need to take a large bowl & whisk together the sea salt, vanilla, sugar, milk, flour, and eggs.
2. Over medium heat, place a large skillet (nonstick) and then place a tablespoon of butter in it when the pan is hot. If the butter smokes, you will know the skillet is too hot, so you will need to turn down the heat.
3. Then take each slice of bread and put it into the egg mixture, and let it soaked for 30-sec on each side. Then, place the slices into the buttered pan and let them cook for about 1 $\frac{1}{2}$ to 2-mins until they turn golden brown. Start adding more butter to the pan to cook the rest of the French toast slices. You can place three slices of French toast per plate and add some powdered sugar on the slices, plus some maple syrup on the side.
4. Tip: Be sure to heat the pan well before cooking to speed up the process.

95. Copycat: Ham and Cheese Omelet



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- 3-eggs
- ½ cup of cubed fully cooked ham
- 1-tablespoon of butter
- ¼ cup of shredded Swiss cheese
- ⅛ teaspoon of sea salt
- ⅛ teaspoon of ground pepper
- 3-tablespoons of water

DIRECTIONS:

1. Take a small nonstick pan and place butter in it to melt over medium heat. In a separate bowl, whisk together the eggs, water, salt, and pepper. Start pouring the egg mixture into the pan.
2. When the eggs are frying, push the cooked edges to the center and the uncooked mixture to cook underneath. As the egg mixture sets, put ham on top and sprinkle the Swiss cheese.
3. Fold the omelet to cover the filling. Place it on a plate while removing it from the pan. Enjoy the warmth!

CATEGORY 17 RECIPES - Panera Bread

96. Copycat: Vegan Autumn Squash Soup



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- Unsweetened vanilla (.5 cup)
- Large apple (1)
- Salt (1 tsp. + more as needed)
- Coconut oil (1 tbsp.)
- Cinnamon (1-2 pinches)
- Butternut squash (4 cups roasted)

- Vegetable broth (3.5 cups)
- Large yellow onion (half of 1)
- Curry powder (.5-1 tsp. or to taste)
- Almond milk

DIRECTIONS:

1. Peel, core, and cube the squash and apple. (Honeycrisp is sweeter than the Granny Smith option.) Dice the onion.
2. Cube and prepare the squash with salt and cinnamon. Roast it for 30 minutes at 425° Fahrenheit.
3. In the meantime, prepare a large skillet using the coconut oil (med-high temperature setting). Sauté the apple and onion with a pinch of salt and curry powder until softened (10 min.).
4. Add the milk, broth, and squash to the rest of the skillet fixings. Wait for it to boil.
5. Reduce the temperature setting and cook (lid off) for 20 minutes, adding salt as desired.
6. Into a high-speed blender, pour the soup and pulse until it's creamy.
7. Serve on the side with a grilled cheese sandwich or crusty bread.

97. Copycat: Toffee Nut Cookie



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- ½ cup chopped walnuts
- 1-teaspoon vanilla
- 1½ cups granulated sugar
- 2-eggs
- 8 ounces Heath Bars, chopped to the desired size

DIRECTIONS:

1. Add salt, flour, and baking soda to a bowl and set aside.
2. Cream butter and sugar, using an electric mixer, until fluffy.
3. Start adding vanilla & 1-egg at a time, mixing after each addition.
4. Gradually add flour mixture until well-incorporated.
5. Stir in the Heath Bar chunks and walnuts.
6. Cover and chill to shape into balls for about 1 hour (until firm enough).
7. Preheat the oven to 375°F. Line a baking sheet.
8. Then shape the dough into balls (2-inch in diameter).
9. Arrange, with spaces in between, on a baking sheet.
10. Start baking until just beginning to brown on the edges, about 10–12 minutes.

98. Copycat: Chocolate Chip Cookies



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- 1-teaspoon salt
- 1¼ cup dark brown sugar
- 1-bag (12 ounces) mini semisweet chocolate chips
- 2½ sticks unsalted butter
- ¼ cup granulated sugar
- 2-teaspoons vanilla extract
- 1-tablespoon cornstarch
- 2-eggs
- 3½ cups all-purpose flour
- 1-teaspoon baking soda

DIRECTIONS:

1. Cream the butter and sugars using a whisk or a hand mixer.
2. Whip in the vanilla extract and eggs and set the wet mixture aside.
3. In a different bowl, mix the flour, cornstarch, baking soda, and salt.
4. Pour the dry mixture into the wet mixture a little at a time, folding with a spatula. Add in the chocolate chips and continue folding.
5. Roll the cookie dough into balls and place them on a baking sheet. Then start placing the baking sheet in the freezer for 15 minutes.
6. Preheat the oven to 350°F while waiting for the cookies to harden.
7. Start transferring the cookies from the freezer to the oven immediately & bake for 15-minutes.

99. Copycat: Harvest Salad



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- seeds also (2 tbsp.)
- Crumbled blue cheese (.5 cup)
- Walnut oil (.33 cup)
- Black pepper and salt (as desired)
- Chopped walnuts (.5 cup)
- Spinach (1 bunch)
- Dried cranberries (.5 cup)
- Red onion (half of 1)
- Avocado (1)
- Tomatoes (2)
- Red wine vinegar (2 tbsp.)
- Red raspberry jam

DIRECTIONS:

- 1) Do the prep. Rinse and tear the spinach into bite-sized pieces. Chop the tomatoes and slice the onion. Peel and dice

the avocado.

- 2) Warm the oven to reach 375° Fahrenheit. Toss the walnuts onto a cookie tin and toast for about five minutes.
- 3) Toss the walnuts, cranberries, spinach, onions, avocado, and tomatoes with the blue cheese.
- 4) Whisk the salt, pepper, oil, vinegar, and jam in a dish to pour over the salad to toss before serving.

100. Copycat: Power Breakfast Sandwich



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- 4-spinach leaves
- 1-teaspoon butter, divided in half
- 1-slice Swiss cheese
- 2-egg whites
- 1-bagel thin, cut in half
- ¼ avocado, sliced
- Mustard
- 1-large tomato slice

DIRECTIONS:

- 1) Cook egg whites for about 1 minute in a small, tightly covered custard cup in the microwave.
- 2) Apply ½ teaspoon butter onto both thin bagel halves. Coat the inside of the top bagel, half with mustard and the other with avocado. Place egg whites, tomato, spinach leaves, and cheese on the bottom bagel thin. Top with another thin bagel half.
- 3) Coat a heated pan with a thin layer of cooking spray, pan fry the sandwich on medium-high heat for 3-mins until they get golden brown & cheese is melted. I use a panini press for this step.
- 4) Serve immediately.

101. Copycat: Soba Noodle Bowl with

Edamame

Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- Small white onion (1)
- Water (6 cups)
- Baby spinach leaves (1 cup)
- Kale (1 cup)
- Harissa or cayenne pepper (.25 tsp. or to your liking)
- Freshly thyme minced (1.5 tsp.)
- Frozen or fresh edamame (14 oz.)
- Rice vinegar (3 tsp.)
- Paprika (.5 tsp.)
- Chili powder (3 tsp.)
- Medium carrots (2)
- Vegetable oil or water (2 tsp.)
- Ground sea salt (2 tsp. or to taste)
- Nutritional yeast (1 tbsp.)
- Red miso paste (3 tbsp.)
- Baby portobello mushrooms (2 cups)
- Freshly cracked black pepper & sea salt (as desired)
- Soba noodles (1 bunch)
- Optional:
 - Lime wedges
 - Freshly chopped cilantro

DIRECTIONS:

- 1) Prepare a cooking pot of water and cook the edamame for five minutes. Rinse and drain in a colander using cold water until it's cool. Dislodge the beans from the pods.
- 2) Prepare a pot with six cups of water, adding in the vinegar, nutritional yeast, harissa/cayenne, chili powder, paprika, and sea salt. Simmer using low heat.
- 3) Warm a skillet using the med-high heat setting and add the oil or water.
- 4) Finely slice the carrots, onions, and mushrooms. Sauté for 5-7 minutes, stirring occasionally.

- 5) Massage the kale and remove the stems. Before adding it to the hot pan, roughly chop it with salt, pepper, onions, mushrooms, and carrots.
- 6) Simmer until the kale begins to wilt. Add the spinach and sauté until the spinach starts to wilt. Extinguish the heat.
- 7) Put the vegetables in a deep bowl. Pour the noodles and broth over the veggies. Add the cilantro, edamame, and a bit of fresh-squeezed lime juice. Serve.

CATEGORY 18 RECIPES - Panda Express

102. Copycat: Orange Chicken

Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 4

INGREDIENTS:

- Apple cider vinegar (3 tbsp.)
- Brown sugar (1 cup)
- Soy sauce (3 tbsp.)
- Orange juice concentrate (.25 cup)
- Red pepper flakes (.5 tsp.)
- Diced boneless chicken breasts (2)
- Eggs (3)
- Freshly cracked black pepper (.5 tsp.)
- Cornstarch (1.5 cups)
- Salt (.75 tsp.)
- For Frying: Vegetable oil (2 cups) & Coconut oil (1 cup)
- Also Needed: 9x9-inch baking dish

DIRECTIONS:

- 1) Warm the oven to reach 425° Fahrenheit.
- 2) In a saucepan, whisk the concentrated juice, soy sauce, vinegar, sugar, and red pepper flakes, until boiling. Set it aside for now.
- 3) In a large wok or skillet, heat both types of oil using the medium temperature heat setting.
- 4) Whisk the eggs in a large mixing container.
- 5) In another container, whisk the cornstarch, salt, and pepper. Dredge the pieces of chicken through the egg mixture, then in the cornstarch.
- 6) Cook the chicken pieces until done and transfer them into the baking dish.
- 7) Over the chicken, drizzle the sauce and bake for 15 to 20 minutes (toss at 5-minute intervals).
- 8) Serve with a dish of delicious rice.

103. Copycat: Beijing Beef

Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- 1-teaspoon garlic, finely chopped
- ¼ teaspoon salt
- 1-red bell pepper, chopped
- 9-tablespoons cornstarch
- 1-green bell pepper, chopped
- 1-egg
- 6-tablespoons water
- 1 pound flank steak
- 4-tablespoons sugar
- 1 cup vegetable oil
- 3-tablespoons ketchup
- 2-tablespoons vinegar
- ¼ teaspoon chili pepper, crushed
- 1-white onion, chopped

DIRECTIONS:

- 1) To make the marinade, add egg, salt, 2-tablespoons water, and 1-tablespoon cornstarch in a bowl. Mix well.
- 2) Against the grain, slice the steak into small strips. Transfer into a Ziploc bag and pour marinade inside. Seal tightly. Shake the bag gently to make sure the meat is well-coated. Set aside for at least 15 minutes.
- 3) To make the sauce, combine sugar, ketchup, vinegar, chili pepper, 4-tablespoons water, and 2-teaspoons cornstarch in a bowl. Mix well. Cover and keep refrigerated.
- 4) Heat oil in a saucepan. Ready a bowl with 6-tablespoons cornstarch. Place beef in a bowl and toss until fully coated. Shake off excess cornstarch and cook beef in hot oil until golden brown. Start transferring onto a plate lined with paper towels.
- 5) Remove excess oil from the saucepan. Toss in the garlic, bell peppers, and onions and cook for about 2 minutes, stirring continuously. Transfer vegetables onto a plate.
- 6) In the same saucepan, add sauce and bring to a boil. The heat should be reduced to low and let simmer for 10-minutes.
- 7) Serve beef and vegetables with the sauce poured on top.

104. Copycat: Sticky Sesame Cauliflower

Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- Rice vinegar (.25 cup)
- Soy sauce
- Water (.25 cup)
- low-sodium (.33 cup)
- Toasted sesame oil (1.5 tsp.)
- Small head of cauliflower (6.5 cups florets)
- Pure maple syrup/agave/honey (.25 cup)
- Cornstarch or arrowroot (1.5 tbsp.)
- Minced garlic (1 tbsp.)
- Powdered ginger (.5 tsp.)
- For the Garnish: Sesame seeds and scallions

DIRECTIONS:

- 1) Set the oven temperature at 450° Fahrenheit. The baking tray must be lined with a parchment baking paper layer or mist with some cooking oil spray.
- 2) Bake for ten minutes using the center oven rack.
- 3) In the meantime, whisk the sweetener, ginger, garlic, vinegar, soy sauce, and sesame oil in a medium-sized saucepan. When you come to boiling, start whisking in the cornstarch & water until the cornstarch dissolves. The heat must be lowered to medium & start cooking for two minutes, stirring until thickened.
- 4) Flip the florets and bake for 10-minutes.
- 5) Now, prepare for moving the pan to the top rack & broil for one to two minutes.
- 6) Serve the florets and sauce with a garnish of scallions and sesame seeds.

105. Copycat: Orange Chicken

Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- Orange sauce:
- 3-tablespoons orange zest
- 1½ tablespoon soy sauce
- 5-tablespoons sugar
- 1½ tablespoon water
- 5-tablespoons white vinegar
- Chicken preparation:
- ¼ cup green onion, sliced
- 1½ teaspoon salt
- 1-tablespoon rice wine
- 5-tablespoons grapeseed oil, divided
- ½ teaspoon sesame oil
- 1-egg
- White pepper, to taste
- ½ cup + 1 tablespoon cornstarch
- ¼ cup flour
- 1-teaspoon garlic, finely chopped
- ¼ cup cold water
- 2 pounds chicken breast, boneless and skinless, chopped
- 1-teaspoon fresh ginger, grated
- ½ teaspoon hot red chili pepper, ground
- White rice and steamed broccoli for serving

DIRECTIONS:

- 1) Mix ingredients for the orange sauce in a bowl. Reserve for later.
- 2) Add egg, pepper, salt, and 1-tablespoon oil to a separate bowl. Mix well.
- 3) In another bowl, combine ½ cup cornstarch and flour. Mix until thoroughly blended.
- 4) Add remaining cornstarch and cold water to a different bowl. Blend until cornstarch is completely dissolved.
- 5) Start heating 3-tbsp oil in a large deep skillet or wok over high heat.
- 6) Coat chicken pieces in the egg mixture. Let excess drip off. Then, coat in cornstarch mixture. Cook for about 3 mins or

until both sides are golden brown and chicken is cooked through. Proceed to arrange on a plate lined with paper towels to drain excess oil.

- 7) Take a clean large and deep skillet, or wok heat remaining oil on high heat. Lightly sauté ginger and garlic for 30 seconds or until aromatic. Toss in peppers and green onions. Stir-fry vegetables for 1-3 minutes, then pour in rice wine. Mix well before adding the orange sauce. Bring to a boil. Mix in cooked chicken pieces, then add cornstarch mixture. Simmer until the mixture is thick, then mix in sesame oil.
- 8) Transfer onto a plate and serve with white rice and steamed broccoli.

106. Copycat: Chow Mein For Brunch

Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- The Sauce:
 - Freshly minced ginger (2 tsp.)
 - Soy sauce (.5 cup)
 - Green minced onions (2 tbsp.)
 - Sesame oil (.25 tsp.)
 - Sugar (.25 cup)
 - Hoisin sauce (1 tbsp.)
 - Oyster sauce (2 tbsp.)
 - Cooking wine (2 tbsp.)
 - Chopped cloves of garlic (1)
- The Chow Mein:
 - Sliced Napa cabbage (2 cups)
 - Vegetable/olive-oil for cooking (2 tbsp.)
 - Sliced white onion (1 large)
 - Celery stalks (3 sliced diagonally into .25-inch slices)
 - Lo mein noodles (14 oz.) or Yakisoba dry noodles prepared without the seasoning packs (2 pkg.)

DIRECTIONS:

- 1) Whisk and set aside the sauce ingredients for now.
- 2) Prepare the noodles in water according to the package instructions. Drain.
- 3) Now you need to heat the oil in a large skillet/wok (med-high temperature).
- 4) Toss in the celery and onion to cook for 3-4 minutes, or until the onions are translucent.
- 5) Stir in the cabbage, sautéing for about one minute.
- 6) Stir in the noodles with $\frac{1}{2}$ cup of sauce (2 min.). Serve right away for the best results.

107.

Copycat: Sweet & Sour Copycat Sauce



Preparation Time: 10-minutes Cooking Time: 40-minutes Servings: 4

INGREDIENTS:

- Cornstarch (.25 cup)
- Water (divided 1.25 cups)
- Sugar (1 cup)
- White vinegar (.5 cup)
- Optional: Red food coloring for the authentic color (2-3 drops)

DIRECTIONS:

- 1) Pour one cup of water in a saucepan with sugar and vinegar. Let it boil.
- 2) Measure the cornstarch and the rest of the water into a small mixing dish and whisk until it's dissolved.
- 3) Add it all together in the saucepan and cook until thickened (5-7 min.)

CATEGORY 19 RECIPES - TGI Friday s

108. Copycat: Mozzarella Sticks



Preparation Time: 10-minutes Cooking Time: 50-minutes Servings: 4

INGREDIENTS:

- 8-pieces mozzarella string cheese
- 2-large eggs
- 1-quart vegetable oil
- $\frac{1}{4}$ cup milk
- 1 Jar Marinara sauce
- $\frac{2}{3}$ cup all-purpose flour
- 1 cup Japanese breadcrumbs
- $\frac{1}{2}$ teaspoon garlic salt
- $\frac{1}{2}$ cup Parmesan cheese, shredded
- 1-tablespoon dried parsley
- $\frac{1}{2}$ teaspoon seasoning salt

DIRECTIONS:

- 1) Add flour to a bowl. Then, mix eggs and milk in a separate bowl. Add breadcrumbs, Parmesan, parsley, garlic salt, and seasoning salt in a third bowl and mix well.
- 2) Line the baking sheet with wax paper. Set aside.
- 3) Cut mozzarella pieces in half vertically so that you will end up with 16 mozzarella sticks. Then, for each piece, dredge first in flour, followed by egg wash, and third in breadcrumb

mixture. Dredge again in egg wash and breadcrumbs for a thicker coat. Place pieces on a prepared baking sheet and put them in the freezer for at least 1 hour or overnight.

- 4) To prepare mozzarella sticks, preheat the deep fryer to 350°F.
- 5) About 4-sticks at a time, deep fry for about 30 seconds or until golden brown. Transfer these sticks to a rack or plate lined with paper towels to drain by using a slotted spoon.
- 6) Serve warm with marinara sauce.

109. Copycat: Mozzarella Sticks



Preparation Time: 10-minutes Cooking Time: 5-minutes Servings: 16

INGREDIENTS:

- 8-pieces mozzarella string cheese
- 2-large eggs
- 1-quart vegetable oil
- 1 Jar Marinara sauce
- $\frac{2}{3}$ cup all-purpose flour
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ teaspoon garlic salt
- 1 cup Japanese breadcrumbs
- $\frac{1}{2}$ cup Parmesan cheese, shredded
- 1-tablespoon dried parsley
- $\frac{1}{2}$ teaspoon seasoning salt

DIRECTIONS:

- 1) Add flour to a bowl. Then, mix eggs and milk in a separate bowl. Add breadcrumbs, Parmesan, parsley, garlic salt, and seasoning salt in a third bowl and mix well.
- 2) Line the baking sheet with wax paper. Set aside.
- 3) Cut mozzarella pieces in half vertically so that you will end up with 16 mozzarella sticks. Then, for each piece, dredge first in flour, followed by egg wash, and third in breadcrumb mixture. Dredge again in egg wash and breadcrumbs for a thicker coat. Place pieces on a prepared baking sheet and put them in the freezer for at least 1 hour or overnight.
- 4) To prepare mozzarella sticks, preheat the deep fryer to 350°F.
- 5) About 4-sticks at a time, deep fry for about 30 seconds or until golden brown. Transfer these sticks to a rack or plate lined with paper towels to drain by using a slotted spoon.
- 6) Serve warm with marinara sauce.

110. Copycat: Oreo Madness



Preparation Time: 10-minutes Cooking Time: 45-minutes Servings: 4

INGREDIENTS:

- 5 cups vanilla ice cream
- 1 (14-ounce) package Oreo cookies
- ½ cup (1 stick) butter, melted
- For drizzling: hot fudge and caramel toppings

DIRECTIONS:

- 1) Line muffin pans with cupcake liners.
- 2) If needed, let ice cream stand at room temperature to soften a little for easier spreading.
- 3) Now, take a blender/food processor, place Oreos in it, and pulse to break into crumbs.
- 4) Start transferring to a bowl & stir in melted butter. Mix well.
- 5) Press about 2-tablespoons each of the crumb mixtures into muffin tins.
- 6) Top each with about $\frac{1}{4}$ cup ice cream, smoothening down with a spatula.
- 7) Cover with another 2-tablespoons crumb.
- 8) Cover and then freeze until set for about 2 hours.
- 9) Remove from muffin tins.
- 10) Drizzle with toppings and serve.

111. Copycat: Crispy Green Bean Fries



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- Dip Ingredients:
- 1-tablespoon whole milk
- 1-teaspoon of powdered wasabi
- $\frac{1}{4}$ cup of minced peeled and seeded cucumber
- Pinch of ground cayenne pepper
- $\frac{1}{8}$ teaspoon of salt

- 1-teaspoon white vinegar
- ½ cup of Hidden Valley Ranch salad dressing
- 1 ½ teaspoon white prepared horseradish
- Bean Fry Ingredients:
- 1-egg, beaten
- ⅛ teaspoon of ground black pepper
- 6-8 ounces fresh green beans
- 6 to 10 cups of vegetable oil
- 1 cup of milk
- ⅛ teaspoon of garlic powder
- ⅛ teaspoon of onion powder
- 1 cup of plain breadcrumbs
- ¾ teaspoon of salt
- 1 cup of all-purpose flour
- 4 cups of chicken broth

DIRECTIONS:

- 1) First, start mixing all the dip ingredients in a blender at high speed until you get a smooth mixture. Cover and let it chill, as this is how the dip will thicken.
- 2) Boil the chicken broth and then add the beans to be boiled for 15 minutes. Take them out of the broth and immediately plunge them into ice water to prevent them from getting too soft.
- 3) Use a shallow bowl to whisk the milk with the beaten egg and then add one flour into the mixture. In another bowl, mix the onion powder, garlic powder, ¾ teaspoon of salt, and breadcrumbs until well blended.
- 4) Take some beans out of the water, shake off any excess water, and coat them with flour (make sure to shake off the extra flour). One at a time, dip the beans into the egg and milk mixture and then coat them with breadcrumbs. Place on a plate until coated with breadcrumbs.
- 5) You can use a large saucepan or a deep fryer with the oil heated to 350 degrees.
- 6) Fry the beans (as many as you can at once) for 1 ½ minute or until they turn golden brown. Take out and drain on paper towels. Place them all on a serving plate and serve with the cucumber-wasabi ranch dip on the side.

- 7) Tip: If you're vegetarian, you can always switch out the chicken broth with vegetable broth.

112. Copycat: Jack Daniel's Sauce



Preparation Time: 10-minutes Cooking Time: 25-minutes Servings: 4

INGREDIENTS:

- Lemon juice (3 tbsp.)
- Minced garlic (1 tbsp.)
- Crushed pineapple (1 tbsp.)
- Jack Daniel's Whiskey (1 tbsp.)
- Olive oil (1 tbsp.)
- Minced white onion (3 tbsp.)
- Soy sauce (1 tbsp.)
- Cayenne pepper (.25 tsp.)
- Water (.66 cup)
- Pineapple juice (1 cup)
- Teriyaki sauce (.25 cup)
- Dark brown sugar (1.33 cups)

DIRECTIONS:

- 1) Using the med-high temperature setting, prepare the water, brown sugar, pineapple juice in a medium saucepan.
- 2) Lower the heat setting to a simmer once it begins to boil.
- 3) Mince and add the onion and garlic, along with the rest of the fixings. Whisk well.

- 4) Simmer for 40-50 minutes until it's syrupy and thickened. It should be reduced by about half when it's ready.

113. Copycat: Parmesan-Crusted Sicilian Quesadillas



Preparation Time: 10-minutes Cooking Time: 10-minutes Servings: 4

INGREDIENTS:

- Balsamic Glaze Ingredients:
 - 1-teaspoon molasses
 - $\frac{1}{2}$ cup of balsamic vinegar
 - $\frac{1}{8}$ teaspoon of salt
 - $\frac{1}{3}$ cup of dark brown sugar
- Bruschetta Marinara Ingredients:
 - 1-chicken breast
 - Four 10-inch flour tortillas
 - $\frac{1}{8}$ teaspoon of salt
 - 1 ounce of Italian sausage, diced
 - 2 cups of shredded Monterey Jack cheese
 - Olive oil spray
 - $\frac{1}{2}$ cup of shredded Parmesan cheese
 - Pinch of salt and pepper
 - 3-pieces cooked bacon, diced
 - $\frac{1}{4}$ teaspoon of ground black pepper
 - $\frac{1}{4}$ teaspoon of white wine vinegar
 - 1-tablespoon tomato sauce
 - 1-tablespoon of olive oil
 - 1-tablespoon of sliced basil

- 1-medium tomato, diced
- Garnish:
- 4-teaspoons minced fresh parsley

DIRECTIONS:

- 1) Add the balsamic vinegar, brown sugar, salt, and molasses, and mix them all in a small saucepan. Place the saucepan over medium-low heat, and let it cook until the mixture starts bubbling, then let it simmer for about 5 minutes. Start removing the saucepan from the stove & let the mixture chill.
- 2) Use a small bowl to mix the tomato, tomato sauce, olive oil, basil, white wine vinegar, garlic, salt, and pepper (basically preparing the bruschetta marinara). Cover the small bowl and set it aside.
- 3) Pound the chicken breast until it's about 1-½ inches thick, coat it with olive oil, and season it with salt and pepper. In a sauté pan over medium heat, sauté the chicken for 4 to 5 minutes on each side until it is cooked. Let the chicken cool, then dice it.
- 4) To prepare each quesadilla, you will need to first preheat a large nonstick skillet over medium heat—Scatter 2-tablespoons Parmesan cheese into the pan. With olive oil, brush each side of a tortilla and press it down onto the Parmesan cheese melting in the pan.
- 5) Add about ½ cup of Monterey Jack cheese on half of the tortilla, then sprinkle 3-tablespoons chicken on the cheese, 1-tablespoon bacon, and 1-tablespoon sausage. Take 2-tablespoons bruschetta marinara, spread it over the cheese and meat, fold the empty half of the tortilla over the filling.
- 6) Cook for around 1 minute until the Parmesan cheese is brown, then flip the quesadilla over to start cooking it on the other side until the Parmesan cheese turns brown as well.
- 7) Place the quesadilla on a cutting board. Use a large chef's knife to cut it in half and then in half one more time to get 4-slices.
- 8) Put the slices on a plate, add the balsamic glaze, and sprinkle parsley on top. Repeat this process for the other slices.
- 9) Tip: Dark brown sugar will give you the richest taste.

CATEGORY 20 RECIPES - Copycat Pasta

114. Copycat: Homemade Tomato Pasta



Preparation Time: 10-minutes Cooking Time: 30-minutes Servings: 4

INGREDIENTS:

- 3 tsp extra virgin olive oil
- 1-onion
- 2-garlic cloves
- 2-carrots
- 2-celery stalks
- 1½ x 400g cans chopped tomatoes
- 1 tbsp tomato puree
- ½ tsp sugar
- 100g wholewheat pasta

DIRECTIONS:

1. Peel the vegetables and chop them by hand in a food processor or finely.
2. Heat the oil in a heavy saucepan and add the chopped vegetables and sauté to a soft place.
3. Add the tomatoes, tomato puree, and sugar.
4. Now is the time to season them to taste with pepper and salt.

5. Simmer around for 30 minutes.
6. Finally, take a large pot of salted water to boil and cook the pasta for about 8 minutes, until al dente.

NUTRITION FACTS PER SERVING:

- Calories: 456kcal
- Fat: 7.7g
- Protein: 16.9g
- Fiber: 13.1g
- Carbohydrates: 80.2g

115. Copycat: Asparagus & broad bean lasagna



Preparation Time: 35-minutes Cooking Time: 70-minutes Servings: 4

INGREDIENTS:

- 225ml whole milk
- 320g frozen baby broad beans
- 3-garlic cloves, chopped
- 30g pack fresh basil roughly chopped
- ½ lemon, zested
- 4-spring onions, chopped
- 1 tsp vegetable bouillon powder
- 6-wholemeal lasagne sheets
- 320g frozen peas
- 2 x 300g tubs low-fat cottage cheese
- 1-egg
- the whole nutmeg, for grating
- 250g asparagus, woody ends trimmed
- 25g parmesan or vegetarian alternative, finely grated

DIRECTIONS:

1. Heat oven up to fan/gas four at 180C/160C. After that, you need to heat the milk in a saucepan until it gets boiled. Then proceed to tip in the beans (add a splash of water to cover if necessary).
2. Cook to defrost for 3 minutes, then add the garlic, basil, lemon zest, spring onions, and bouillon, then blitz with a hand blender for a few minutes until smooth.
3. Spoon half of the purée into an ovenproof 20 x 26 cm dish.
4. Cover with 3-lasagne sheets, the rest of the purée and the peas, and then the remaining lasagne sheets.
5. Whisk with the egg and a good nutmeg grating on the cottage cheese.
6. Pour over the lasagne, then press asparagus and scatter the parmesan over it.
7. Bake for 1 hr until golden and slide easily through a knife. Can stay chilled for two days.

NUTRITION FACTS PER SERVING:

- kcal 461
- protein 39g
- sugars 15g
- salt 1g
- fat 10g (saturates 5g)
- carbs 47g
- fiber 16g

116. Copycat: Italian vegetable soup



Preparation Time: 15-minutes Cooking Time: 55-minutes Servings: 8

INGREDIENTS:

- 2-each of onions and carrots, chopped
- 4-sticks celery, chopped
- 1 tbsp olive oil
- 2 tbsp sugar
- 4-garlic cloves, crushed
- 2 tbsp tomato purée
- 2-bay leaves
- few sprigs thyme
- 3-courgettes, chopped
- 400g can butter beans, drained
- 400g can chopped tomatoes
- 1.2l vegetable stock
- 100g parmesan
- or vegetarian equivalent, grated
- 140g small pasta shapes
- small bunch basil, shredded

DIRECTIONS:

1. Cook the onion, carrots, and celery gently in the oil for 20 minutes in a large saucepan until soft. If

they stick, sprinkle in the water.

2. Add the sugar, garlic, purée, herbs, and courgettes and cook over medium heat for 4-5 minutes until slightly brown.
3. Pour in the beans, tomatoes, and stock and cook for 20 minutes. When you are at the freezing stage, cool it down & do it now (freeze for up to 3 months).
4. If not, add half of the Parmesan and pasta and simmer until the pasta is cooked for 6-8 mins. Sprinkle with the basil and Parmesan remaining to serve.
5. If frozen, then reheat the defrost before adding the pasta and cheese and proceed as above.

NUTRITION FACTS PER SERVING:

- kcal 215
- protein 11g
- sugars 12g
- salt 1.06g
- fat 6g (saturates 3g)
- carbs 30g
- fiber 5g

117. Copycat: Chicken and pasta salad



Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- 1-red pepper, deseeded and thickly sliced
- 1-red onion, thickly sliced
- 1 tbsp olive oil
- 300g penne or fusilli pasta
- 4-skinless chicken breasts
- 2 tbsp each chopped thyme and oregano
- pinch dried chili flakes
- 2-garlic cloves, crushed
- 150g pack cherry tomato halved
- 50g bag
- 1 tbsp white wine vinegar

DIRECTIONS:

1. Power oven to fan/gas seven at 220C/200C. Combine the onion and pepper with 1 tsp oil, and roast for 20 minutes.
2. Cook the pasta according to directions on the box. Drain and put away. At the same time, start placing the chicken breasts with a rolling pin between 2-sheets of cling film & bash until they are about 1 cm thick.
3. Mix the remaining butter, spices, chili & garlic, and then clean the chicken. Heat a griddle or barbecue and cook on each side for 3-4 mins.
4. Slice the chicken onto a plate, scrape with any juices into the pasta, plus roasted onion and pepper, cherry tomatoes, rocket, vinegar, and seasoning.
5. Toss in and eat warm or cold.

NUTRITION FACTS PER SERVING:

- kcal 470
- protein 44g
- sugars 7g
- salt 0.26g
- fat 6g (saturates 1g)
- carbs 64g

118. Copycat: Light Spaghetti Bolognese



Preparation Time: 30-minutes Cooking Time: 40-minutes Servings: 4

INGREDIENTS:

- 2-small spaghetti squash
- 1 tbsp. olive oil
- 1-medium onion, chopped
- 1-medium red pepper, chopped
- 3-cloves garlic, minced
- 1/2 tsp. salt
- 12 oz. lean ground turkey
- 1 28 oz. can crushed tomatoes
- 1/2 oz. grated Pecorino cheese
- 1/4 tsp. black pepper

DIRECTIONS:

1. Pick holes in the squash spaghetti; microwave on Fast 15 minutes.
2. Heat olive oil over medium-high in a wide saucepot; add onion, red pepper, garlic, and salt. Cook for 10 minutes, always stirring.
3. Add lean turkey to the plate, splitting meat with spoon side up. Cook for 5 mins. Season with crushed tomatoes. Simmer down for 10 minutes.

4. Add Pecorino cheese and black pepper rubbed in.
5. Cut squash in half longitudinally; pick seeds out and scrape forked branches.
6. Serve over squash sauce. Top with Pecorino garnish.

NUTRITION FACTS PER SERVING:

- 435 calories
- 14 g fiber
- 15 g fat 94 g sat
- 59 g carbs
- 25 g protein
- 790 mg sodium.

119. Copycat: Angel hair pasta with saffron, prosciutto peas



Preparation Time: 15-minutes Cooking Time: 5-minutes Servings: 2

INGREDIENTS:

- olive oil
- garlic 1-clove, chopped
- prosciutto 2-slices, chopped
- saffron 1-pinch
- white wine 250ml
- mascarpone 2 tbsp
- lemon 1, zested
- frozen peas 150g, defrosted
- angel hair or vermicelli pasta 100g
- basil or parsley chopped to serve

DIRECTIONS:

1. Start heating a splash of olive oil in a deep, non-stick frying pan to start cooking the garlic & prosciutto until it obtains golden color.
2. Take a small bowl and start crushing the saffron and add 1 Tbsp of boiling water. Allow 1 minute sitting and then add to oven.
3. Pour in the wine, then sauté well. Reduce by half, and then add and heat through the mascarpone, lemon, and peas.
4. Cook the pasta according to directions on the box.
5. Drain well, and then add the sauce to the pan. Serve with powdered basil or parsley.

NUTRITION FACTS PER SERVING:

- 369 calories
- 11.7 g protein
- 3.9 g fiber
- 53.9 g carbs
- 0.36 mg sodium
- 9.3 g fat

120.

Copycat: Linguine with smoky paprika prawns



Preparation Time: 15-minutes Cooking Time: 10-minutes Servings: 2

INGREDIENTS:

- linguine 150g
- garlic 1-clove, crushed
- olive oil
- chili flakes a good pinch
- smoked paprika 1/4 tsp
- raw peeled prawns 200g
- lemon 1/2, juiced
- flat-leaf parsley a handful, chopped

DIRECTIONS:

1. Cook the linguine until tender, in boiling salted water. Drain, holding a cup of water to cook.
2. In the meantime, gently cook the garlic in 2 tbsp olive oil for 3 minutes.
3. Attach the chili flakes and paprika, and then

- mix in the prawns for a minute.
4. Cook until pink for 2-3 minutes, and just cooked completely.
 5. Add the lemon juice, strained linguine, and a few tbsp of cooking water to the pasta.
 6. Season and mix it all, then stir in and serve through the parsley.

NUTRITION FACTS PER SERVING:

- 483 calories
- 28.2 g protein
- 0.6 mg sodium
- 13.2 g fat (1.9 g sat)
- 2g Sugar
- 60.7 g carbs
- 4.7 g fiber

121. Copycat: Crab, tarragon, and lemon linguine



Preparation Time: 20-minutes Cooking Time: 10-minutes Servings: 2

INGREDIENTS:

- linguine 150g
- garlic 1-clove, finely sliced
- red chili 1, finely sliced
- shallot 1, finely sliced
- olive oil

- dressed crab 1, or half and half brown and white crab meat about 100g
- lemon 1, zested and juiced
- tarragon a handful, chopped

DIRECTIONS:

1. Heat, and drain the linguine. In 3 tbsp of olive oil, fry the garlic, chili, and shallots until tender, without adding color.
2. Put the crab meat in brown and cook for a minute.
3. Put the drained linguine and cooking water for 2-3 tbsp, and shake.
4. Remove the heat and add the lemon zest, juice, white crab, and tarragon, and season. Toss on and work again.

NUTRITION FACTS PER SERVING:

- 427 calories
- 18.4 g protein
- 0.3 g fiber
- 21.1 g fat (2.7 g sat)
- 0.6 mg sodium
- 40.7 g carbs

122. Copycat: Veggie Lo Mein



Preparation Time: 10-minutes Cooking Time: 5-minutes Servings: 4

INGREDIENTS:

- 1-large onion

- 2 tsp. fresh ginger
- 8 oz. whole-grain spaghetti
- 10 oz. frozen chopped broccoli
- 1 1/2 c. frozen shelled edamame
- 2 c. shredded carrots
- 10 oz. baby spinach
- 2 tbsp. toasted sesame oil
- 1/4 c. lower-sodium soy sauce
- 2 tbsp. balsamic vinegar
- 4-large eggs

DIRECTIONS:

1. Cut a 1-broad onion in thin slices. 2 Teaspoons of fresh ginger peel and grate. Put away. Cook 8 ounces of whole-grain spaghetti in a large pot of boiling water as directed by the label.
2. Before draining, add 10 ounces of frozen broccoli, 1 1/2 cups of frozen edamame shelled, 2 cups of carrots, and 10 ounces of spinach for children. Drain well; put away.
3. Heat 2 table cubits of toasted sesame oil on medium-high in the same pot. Slice the onion over and cook for 5 minutes.
4. Put the fresh ginger grated peeled, 1/4 cup lower-sodium soy sauce, and 2-tablespoons of balsamic vinegar. Cook on for 1 minute.
5. Beat four big eggs in a small pot. Add eggs to the dish, and cook without stirring for 2 minutes. Attach the pot and cook the noodle mixture, turning, for 2 minutes or until heated through.

NUTRITION FACTS PER SERVING:

- 460 Calories
- 15 g Fiber
- 63 g Carbs
- 785 mg Sodium
- 25 g Protein
- 15 g Fat (3 G Sat)

123. **Copycat: Spinach Lasagna**



Preparation Time: 15-minutes Cooking Time: 55-minutes Servings: 8

INGREDIENTS:

- 1 lb. part-skim ricotta cheese
 - 1-large egg
 - 1/4 tsp. salt
 - 1 (32 oz.) jar marinara sauce
 - 2-c shredded mozzarella cheese
 - 10 oz. frozen chopped spinach, thawed and squeezed dry
 - 1 (9 oz.) box no-boil lasagna noodles

DIRECTIONS:

1. Mix the ricotta, spinach, 1 cup of mozzarella, egg, and salt.
2. In a slow cooker pot, a layer of marinara sauce, lasagna noodles, and a combination of ricotta, looking and finishing with marinara sauce and splitting noodles.
3. Fill with mozzarella with 1 cup.
4. Cover and cook at low 4 hours, or tender until the noodles.

NUTRITION FACTS PER SERVING:

- 355 calories
- 4 g fiber
- 37 g carbs

- 815 mg sodium
- 20 g protein

124. Copycat: Orecchiette with Morels and Peas



Preparation Time: 25-minutes Cooking Time: 10-minutes Servings: 6

INGREDIENTS:

- Kosher salt
- 4 tbsp. (1/2 stick) butter
- 3-garlic cloves, chopped
- 3 oz. fresh morel mushrooms, about 1 c. (or 1/2 oz. dried and reconstituted)
- 1 lb. orecchiette pasta
- 8 oz. sugar snap peas, strings removed
- 1 c. fresh or frozen (thawed) peas
- 1/2 c. grated Parmesan (about 1 1/2 oz.)
- 1 1/2 c. pea shoots
- 1/2 c. Microgreens
- Shaved Parmesan for garnish

DIRECTIONS:

1. Heat up on high a big, covered pot of salted water to boil.
2. Heat butter over medium in an 8 "skillet until light brown and foam, swirling occasionally; around 3 minutes.
3. Add garlic and morels; cook for 2 minutes, stirring occasionally. Remove from heat.
4. Cook pasta as instructed by the box. Remove 1/2 cup of pasta water 4 minutes before the pasta is done; set aside.
5. To the boiling water, add sugar snap peas and peas. Continue cooking until the pasta is al dente and tender vegetables. Drain, and go back to the bath.
6. Add parmesan mushroom mixture, pea shoots, microgreens, 1/4 cup reserved pasta water, and 3/4 teaspoon salt; stir until well mixed, adding more cooking water if necessary.
7. Divide into bowls to serve; garnish with Parmesan rasp.

NUTRITION FACTS PER SERVING:

- Calories 410
- Protein 15g
- Dietary Fiber 6g
- Total Fat 11g
- Sodium 515mg
- Carbohydrate 65g
- Saturated Fat 6g

**125. Copycat: Spaghetti No-Cook Heirloom
Tomato Sauce**





Preparation-Time: 15-minutes Cooking-Time: 15-minutes Servings: 4

INGREDIENTS:

- 1 lb. heirloom plum tomatoes (about 5)
- 1/4 c. extra virgin olive oil
- Kosher salt and black pepper
- 12 oz. whole-wheat spaghetti
- 2-cloves garlic, crushed
- 3/4 tsp. crushed red pepper
- 1/4 c. roasted almonds, coarsely chopped
- 1/4 c. chopped fresh basil
- 2 tbsp. chopped fresh parsley
- 1 oz. ricotta Salata, shaved with a peeler (about 1/2 c.)

DIRECTIONS:

1. Chop 4-tomatoes thinly; move to broad olive oil bowl and 1/4 teaspoon salt.
2. As the label tells, Cook spaghetti. Reserve 1/4 cup water to cook; drain pasta.
3. Chop remaining tomatoes, meanwhile. You need to place with garlic, red pepper, 3-tablespoons of almonds, and 1/2 teaspoon salt in the food processor; purée until smooth.
4. Remove the tomatoes into a bowl. Add cooked spaghetti, basil, and parsley; toss, if necessary,

add some reserved water for pasta.

5. Divide pasta between bowls to serve. Top with remaining almonds and cheese.

NUTRITION FACTS PER SERVING:

- 600 calories
- 12 g fiber
- 610 mg sodium
- 18 g protein
- 77 g carbs
- 29 g fat (4 g sat)

126. Copycat: Brussels Sprout & Basil Bowties



Preparation Time: 5-minutes Cooking Time: 15-minutes Servings: 6

INGREDIENTS:

- 1/4 c. extra-virgin olive oil
- 3-cloves garlic, finely chopped
- 1/2 tsp. Kosher salt
- 1/2 lb. sliced onion
- 1/2 lb. sliced mushrooms
- 1/2 lb. chopped Brussels sprouts
- 1 tsp. finely chopped rosemary

- 1 lb. cooked bowtie pasta
- 1/2 c. reserved pasta cooking water
- 1/4 c. shredded Gruyère
- lemon juice
- Fresh basil
- Freshly ground black pepper

DIRECTIONS:

1. Heat olive oil and garlic over medium for 3 minutes in a deep 12 "skillet, stirring.
2. Add salt, onion, mushrooms, and sprouts from Brussels.
3. Cook 5 minutes or stirring until almost tender. Add rosemary. Start cooking for 2-3 mins or until wilted.
4. Cook pasta according to the instructions for the package and reserve 1/2 cup of the cooking water.
5. Toss pasta, cooking water, and vegetables with Gruyère.
6. Garnish with black pepper, basil, and lemon juice.

NUTRITION FACTS PER SERVING:

- Calories 415
- Protein 15g
- Dietary Fiber 5g
- Total Fat 12g
- Sodium 215mg
- Carbohydrate 65g
- Saturated Fat 3g

127. Copycat: Grilled Ratatouille Linguine





Preparation Time: 15-minutes Cooking Time: 10-minutes Servings: 4

INGREDIENTS:

- 12 oz. linguine
- 2-small zucchini halved lengthwise
- 1-small eggplant, sliced lengthwise
- 1-red pepper halved
- 1-yellow pepper halved
- 1-red onion, cut into rounds
- 2 tbsp. olive oil
- Salt
- Pepper
- Grated Parmesan and chopped basil, if desired

DIRECTIONS:

1. Heat to medium-high barbecue—Cook the linguine per directions for each kit.
2. Meanwhile, brush the zucchini, the eggplant, the peppers, and the red oil onion and season each salt and pepper with 1/2 teaspoon.
3. Then you need to grill for 3-4 mins per side until tender. And then switch to a board to cut and cut into pieces.

4. Toss linguine with grilled vegetables and drizzle with as much oil as you wish.
5. Cover with finely diced basil and Parmesan.

NUTRITION FACTS PER SERVING:

- About 450 calories
- 78 g carb
- 15 g protein
- 7 g fiber
- 9.5 g fat (1.5 g saturated)
- 295 mg sodium

128. Copycat: Linguine Carbonara



Preparation Time: 5-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- 12 oz. linguine
- 6 oz. sliced bacon (cut into 1-inch pieces)
- 3-large egg yolks
- 1/2 c. freshly grated Parmesan
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/2 c. chopped parsley

DIRECTIONS:

1. Linguine to eat, boil water for cooking, and then drains pasta.
2. Then start cooking the bacon in a medium-sized skillet until it gets crispy. Transfer to a towel-lined sheet of paper.
3. Whisk egg yolks together, freshly grated Parmesan, and salt and pepper in a large bowl.
4. Little by little, whisk warm cooking water in 1/4 cup reserved.

5. Add hot pasta and stir to coat, adding more water if the pasta appears dry.
6. Fold in the bacon and the chopped parsley. If needed, serve with lots of chopped pepper and extra Parmesan.

NUTRITION FACTS PER SERVING:

- 470 calories
- 22 g protein
- 66 g carb
- 555 mg sodium
- 3 g fiber
- 13.5 g fat (5 g saturated)

129. Copycat: Low Fat Chicken Florentine Pasta



Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 6

INGREDIENTS:

- 12 oz. pasta of choice
- 1 Tbsp. olive oil
- 2 oz. diced pancetta
- 1 lb. boneless & skinless chicken breasts, bite-sized cut pieces
- 4 oz. light cream cheese softened
- 1 cup unsweetened cashew milk
- 3-garlic cloves minced
- 1/2 cup thinly sliced jarred sun-dried tomatoes, drained

- 4 cups fresh baby spinach
- 1/3 cup freshly grated parmesan cheese
- 1/4 cup finely chopped Italian parsley
- Sea salt and black pepper to taste

DIRECTIONS:

1. Take a pot containing salted water to a boiler, and cook pasta as directed in the package.
2. Though pasta cooks, heat oil over medium heat in a large high-sided skillet. Once warm, add pancetta and cook for about 3 minutes, until crispy.
3. Add the chicken and add salt and pepper to taste. Cook for about 6 to 7 minutes, frequently stirring until golden.
4. Start adding the sun-dried tomatoes & garlic; cook for 1 minute or until cooked to taste. Meanwhile, mix cream cheese and cashew milk in the bowl of an electric mixer (or food processor); blend until smooth.
5. Pour the cream cheese mixture gently into a saucepan and reduce heat to medium-low.
6. Take a glass measuring cup to remove and set aside 1 cup of the cooking water for pasta.
7. Drain the pasta and add the spinach, parmesan cheese, and parsley to saute pan. (Spinach will wilt as soon as you mix it into hot pasta, but you may need to add it in increments.)
8. Gradually flow into pasta water until target consistency is reached. (Ended with the ~1/2-2/3 cup).
9. Season with salt and pepper to taste.

NUTRITION FACTS PER SERVING:

- Calories: 405kcal
- Fiber: 5g
- Protein: 26g
- Sugar: 6g
- Saturated Fat: 4g
- Carbohydrates: 42g
- Fat: 13g

- Sodium: 450mg

130. Copycat: Israeli Couscous Salad

(—————)



Preparation-Time: 10-minutes Cooking-Time: 12-minutes Servings: 6

INGREDIENTS:

- 1 1/3 cups Israeli couscous
- 5-tablespoons olive oil, divided
- 1-medium zucchini, sliced into medallions
- 15 cherry tomatoes
- 4 ounces baby mozzarella balls, halved
- 2-tablespoons diced chives
- 2-tablespoons chopped fresh basil
- 2-tablespoons chopped fresh thyme
- juice of one lemon
- 1-tablespoon balsamic vinegar
- 1-tablespoon balsamic glaze
- pinch of salt & pepper

DIRECTIONS:

1. Keep the oven on heat at 200o C (400 degrees F). Then start heating the couscous & 1-tbsp olive oil in a 2-quarter saucepan for 5 minutes over medium-high heat, toasting the couscous. Stir in regularly. To the couscous, add 1 3/4 of boiling water.
2. Then you need to bring it to a boil and start bringing down the heat. Let it simmer for 12 minutes, covered, or until all the water has evaporated.
3. Meanwhile, add a tablespoon of olive oil and salt and pepper to coat the zucchini and tomatoes.
4. Now you need to place it on a jelly roll pan & bake for 15-20 mins, or until the tomatoes burst & the zucchini gets browned slightly.
5. Take a small bowl and start combining the remaining balsamic, olive oil, lemon juice, vinegar, salt, and pepper. Whisk to merge.
6. In a wide bowl, mix the couscous, tomatoes, mozzarella, and vinaigrette. Garnish with herbs and splash the balsamic glaze over the top.

NUTRITION FACTS PER SERVING:

- Calories: 229
- Total Fat: 16g
- Saturated Fat: 4g
- Unsaturated Fat: 11g
- Fiber: 2g
- Sugar: 4g
- Sodium: 136mg
- Protein: 7g
- Cholesterol: 15mg
- Carbohydrates: 15g

131. Copycat: Orzo and Chicken Salad





Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 6

INGREDIENTS:

- 1 1/2 cups uncooked orzo
- 2 cups cooked, shredded chicken
- 4-bell peppers, diced
- 15 olives, sliced
- 1/2 cup chopped green onion
- 1/4 cup chopped parsley
- 2-tbsp wholegrain mustard
- 3-tablespoons freshly squeezed lemon juice
- 1-tablespoon olive oil
- 1-teaspoon salt
- 1-teaspoon pepper

DIRECTIONS:

1. For the orzo, boil a big pot of water.
2. Salt the water and cook orzo as indicated on the box. Drain and set aside.
3. Meanwhile, in a big bowl, add the rice, bell peppers, green onions, and parsley.
4. Add the orzo and then bring it together.
5. In a small cup, whisk in mustard, lemon juice, olive oil, salt, and pepper.
6. Finally, start adding the dressing to the salad

& serve in the refrigerator immediately or save for three days.

NUTRITION FACTS PER SERVING:

- Calories: 346
- Total Fat: 7g
- Trans Fat: 0g
- Saturated Fat: 1g
- Unsaturated Fat: 5g
- Fiber: 4g
- Sugar: 4g
- Sodium: 522mg
- Cholesterol: 34mg
- Protein: 20g.
- Carbohydrates: 50g

132. Copycat: Healthy Creamy Chicken and Pasta



Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- 1 (8 ounces) package whole wheat penne pasta
- 2-tablespoons olive oil
- 3-tablespoons minced garlic
- 1-pound skinless, boneless chicken breasts, cubed

- 1 (8 ounces) package sliced fresh mushrooms
- 1-pinch garlic salt
- 1 (10.5-ounces) can fat-free cream mushroom soup
- ½-cup water
- 1-pinch red pepper flakes

DIRECTIONS:

1. Fill a large pot and bring to a boil with lightly salted water. Stir in the penne and boil down.
2. Cook the pasta uncovered, occasionally stirring until cooked, but still firm to the bite, about 11 minutes; drain.
3. Cook and stir the olive oil and garlic over high heat in a large skillet until brown and fragrant, about 2 min.
4. Add the chicken and mushrooms; stir in garlic and olive oil. Cook the chicken until the center is no longer pink, and the juices run clear for 6 to 8 minutes.
5. Stir in mushroom soup cream; gradually add about 1/2 cup of water at a time, adding enough for light and creamy sauce.
6. Now start reducing the heat to medium-low heat & gently fold pasta until coated in the chicken and sauce.
7. Add salt with garlic and red pepper to taste; remove and serve from heat.

NUTRITION FACTS PER SERVING:

- 471.7 calories
- 64.6 mg cholesterol
- 34.4 g protein
- 627.3 mg sodium
- 49.9 g carbohydrates

133. Copycat: Caprese Chicken Pasta





Preparation Time: 15-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- 2-tablespoons olive oil
- 1.5 lb. chicken breast, diced
- 4-cloves garlic, smashed and minced
- 1/4 teaspoon salt, separated
- 1/4 teaspoon pepper, separated
- 12 oz. cherry tomatoes halved
- 1.5 tablespoons balsamic vinegar
- 1/4 cup dry white wine
- 2-tablespoons unsalted butter
- 8 oz. mozzarella balls, halved
- 6 oz. penne pasta (any kind)
- 1 cup fresh basil, chopped

DIRECTIONS:

1. Start with filling a big pot with water, and over high heat, bring it to a boil.
2. Attach penne pasta, and cook until al dente pasta. Squeeze the pasta and set aside until later.
3. Heat over medium / high heat in a large dutch oven—season with olive oil.

4. Attach the chicken, garlic, 1/8 teaspoon salt, and 1/8 teaspoon pepper to the pot and cook for 4-5 minutes when the olive oil is fragrant.
5. When the partly cooked chicken, add cherry tomatoes to the pot and cook the tomatoes, chicken, and garlic together until the tomatoes start stewing (about 5 minutes).
6. Add the balsamic vinegar, white wine, butter, and the remaining salt and pepper to the bowl, mix well, and let the liquid diminish by half (about 10 minutes).
7. Remove the sauce from the heat and stir in the sauce the noodles and mozzarella balls.
8. Just before serving, add basil to the pasta and mix and enjoy!

NUTRITION FACTS PER SERVING:

- Calories: 482
- Protein: 51
- Carbohydrates: 14
- Cholesterol: 133
- Sugar: 4
- Sodium: 268
- Fat: 24
- Fiber: 2

134. Copycat: Canned Tuna Pasta



Preparation Time: 5-minutes Cooking Time: 10-minutes Servings: 2

INGREDIENTS:

- 2-tablespoons olive oil
- 2-large cloves garlic minced
- 1-(5 ounces)-Can tuna, drained I prefer tuna packed in oil
- 1-teaspoon lemon juice
- 1-tbsp fresh parsley chopped
- Salt & pepper to taste
- 4 ounces uncooked pasta

DIRECTIONS:

1. For your pasta, boil a salted pot of water and cook it al dente according to the box's directions.
2. Prepare the other ingredients as it cooks.
3. Once the pasta is close ready, apply the oil over medium heat to a small pan.
4. Start adding the garlic & cook for 30 seconds when the oil gets hot.
5. Stir in the tuna, the juice of a lemon, and the parsley. Let it heat up by.

6. When the pasta is cooked, add some of the pasta water (a couple of spoonfuls) to the sauce, drain the pasta, and mix it well.
7. Where appropriate, season with salt & pepper. Optional: serve pasta with parmesan cheese and lemon zest, freshly grated.

NUTRITION FACTS PER SERVING:

- 544 calories
- 180 mg sodium
- 44 g carbohydrates
- 2g fiber
- 16g fat (saturated 2g)
- 21 g protein
- 26 mg cholesterol

135. Copycat: Pasta With Red Pepper Alfredo



Preparation Time: 10-minutes Cooking Time: 10-minutes Servings: 4-6

INGREDIENTS:

- 3-red peppers, cut into 1-inch chunks
- 3-cloves garlic, thinly sliced

- 2 tbsp olive oil
- 1 lb linguine
- 3 tbsp fresh lemon juice
- 1/3 c heavy cream
- 1/4 c finely grated Parmesan cheese
- 1/2 c small basil leaves
- Kosher salt
- Pepper

DIRECTIONS:

1. Stove heat to 425 ° F. Toss red peppers and garlic with oil and 1/4 tsp each salt & pepper on a rimmed baking sheet of large size; arrange in even layer.
2. Roast for 25 to 30 minutes until peppers are tender.
3. Cook pasta per package directions while vegetables are roasting. Reserve water for 1/2 cups; drain pasta and return to the pot.
4. Toss new lemon juice with 3 Tbsp.
5. Transfer to the blender when the vegetables are finished, add the cream and parmesan, and puree until smooth.
6. Reheat the sauce with pepper if desired. You need to toss the pasta to coat with sauce and start adding some reserved pasta water as needed, then fold into basil.
7. If necessary, serve sprinkled with added Parmesan.

NUTRITION FACTS PER SERVING:

- 595 calories
- 17 g fat (7 g saturated)
- 19 g protein
- 285 mg sodium
- 93 g carb
- 5 g fiber

136. Copycat: Pea Pesto Pappardelle



Preparation Time: 5-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- Salt
- ½-ricotta
- Pepper
- 12-oz pappardelle
- 1-1/2 c fresh/frozen peas
- 1-tsp lemon zest
- Chopped chives for serving

DIRECTIONS:

1. Pappardelle to cook. Reserve 1/2 cup water for cooking; drain and return the pasta to the pot.
2. When cooking pasta in the food processor, you need to pulse 1 cup of peas to chop roughly. Add ricotta and lemon zest, and pulse to combine a few times (some chopped peas should still be present).
3. Salt and pepper to season.

4. Add a mixture of ricotta, remaining $\frac{1}{2}$ cup peas, and pasta water; toss to combine. Where desired, sprinkle with chopped chives.

NUTRITION FACTS PER SERVING:

- 430 calories
- 19 g protein
- 5 g fiber
- 100 mg sodium
- g fat (2.5 g saturated)
- 70 g carb

137. Copycat: Bucatini Winter Pesto and Sweet Potatoes



Preparation Time: 20-minutes Cooking Time: 10-minutes Servings: 4

INGREDIENTS:

- 2-tsp. lemon zest + 1.5 tbsp lemon juice
- ½-c. fresh flat-leaf parsley
- 12-oz. bucatini
- 1-large sweet potato, peeled & cubed
- 4-c. torn kale, collards, or mustard greens
- 1-medium red onion, cut into wedges
- 1/3-c. + 2-tbsp olive oil, divided
- Kosher salt & freshly ground black pepper

- 2-oz. grated Parmesan cheese (about ½-cup), + more for serving
- 1-clove garlic
- Toasted pine nuts for serving

DIRECTIONS:

1. Keep the oven on heat at 425o degrees F. On a rimmed baking sheet, toss potato, onion, and 2-tablespoons of oil together.
2. Season with pepper and salt. Bake, stirring once, for 24 to 26 minutes until potato and onion are tender.
3. In the meantime, put the kale and parsley in a food processor. Pulse four to five times, until chopped.
4. Add parmesan, lemon zest, garlic, and juice.
5. Pulse, scrape down the sides as needed, 10 to 12 times until finely chopped.
6. With the machine running, add over the feed tube slowly the remaining 1/3 cup oil—season with pepper and salt.
7. Start cooking the pasta according to the package's directions, and reserve 1/4 cup of pasta water before draining.
8. Toss plates of pasta with roasted vegetables, pesto, and water for pasta.
9. Serve topped with pine and Parmesan nuts.

NUTRITION FACTS PER SERVING:

- calories: 657
- protein: 17 g
- carbohydrate: 80 g
- fat: 30 g
- cholesterol: 12 mg
- fiber: 6 g
- sodium: 289 mg

138. Copycat: Beef Stroganoff





Preparation Time: 15-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- 2 tbsp. olive oil
- 10 oz. cremini mushrooms (sliced)
- Kosher salt
- Pepper
- 1 lb. lean beef sirloin (thinly sliced)
- 2-cloves garlic (finely chopped)
- 2 tbsp. Dijon mustard
- 1/2 c. dry white wine
- 3 1/2 low-sodium beef broth
- 8 oz. fusilli pasta
- 3 tbsp. crème fraîche or sour cream

DIRECTIONS:

1. Steam on medium-high 1-tablespoon of olive oil in a large skillet.
2. Start adding the cremini mushrooms. Season with salt & pepper, and start cooking for 5 minutes, occasionally stirring until browned. Move to the pot.
3. Return pan to medium heat, add 1-spoonful olive oil, season thinly sliced lean beef sirloin with pepper & salt. Start cooking and keep occasionally

- stirring until it remains no pink anymore.
4. Attach the garlic and cook for 1 minute, then mix in the mustard for Dijon.
 5. Add and cook dry white wine, scrape any brown pieces, add low-sodium beef broth, and bring it to a simmer.
 6. Add the fusilli pasta and mushrooms with their juices and simmer until pasta is al dente, stirring regularly, 14 to 18 minutes.
 7. Stir in crème fraîche or sour cream, and add salt and pepper to season.

NUTRITION FACTS PER SERVING:

- 495 calories
- 48 g carb
- 39 g protein
- 3 g fiber
- 17 g fat (5.5 g saturated)
- 730 mg sodium

139. Copycat: Turkey Meatballs Over Zucchini Noodles



Preparation Time: 10-minutes Cooking Time: 20-minutes Servings: 4

INGREDIENTS:

- 2-tbsp. extra-virgin olive oil, divided
- 2-garlic cloves, chopped, divided
- 1-lb. ground turkey
- ¼-c. seasoned dry breadcrumbs
- 1-large egg
- 1-(25-oz.) jar marinara sauce
- Kosher salt
- Freshly ground black pepper
- 3-tbsp. chopped fresh flat-leaf parsley
- 4-medium zucchini, cut into noodles with a spiralizer or julienne peeler
- 1-1/2 oz. Parmesan cheese, grated about 1/3-c., + more for serving
- 4-oz. Provolone cheese, grated (about 1 c.)

DIRECTIONS:

1. Combine each salt and pepper in a bowl with turkey, breadcrumbs, egg, parmesan, 1-garlic clove, and 1/2 teaspoon.
2. Form into meatballs of 1 1/2 "to 2"—heat 1- tablespoon of oil over medium heat in a large skillet.
3. Attach the meatballs and cook for 4 to 6 minutes, occasionally turning, until brown on all sides.
4. Reduce heat in marinara to medium-low, and stir gently. And then, you need to simmer the meatballs until they are cooked through & the sauce thickened, turning meatballs periodically, 14 to 16 minutes.
5. Meanwhile, over medium to high heat, heat the remaining tablespoon oil in a medium skillet.
6. Add the zucchini and remaining garlic, and cook for 2 to 3 minutes until tender and moist—salt and pepper to season.
7. In the top spot, you need to heat the broiler high with a rack. Sprinkle over meatballs with provolone. Now is the time to broil for 3-4 mins, until cheese is golden brown.
8. Serve the meatballs over Parmesan-topped

noodles.

NUTRITION FACTS PER SERVING:

- Calories: 526
- Sodium: 1,311 mg
- Protein: 39 g
- carbohydrate: 27 g
- fat: 30 g
- fiber: 6 g
- cholesterol: 154 mg

140. Copycat: Balsamic mushroom pasta



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 2

INGREDIENTS:

- 4 ounces fettuccine pasta
- 2-tablespoons butter, divided
- 1-tablespoon olive oil
- 1/4 cup shallot, finely diced
- 2-garlic cloves, minced
- 8 ounces baby portabello mushrooms, sliced
- 1/4 cup balsamic vinegar
- 1/4 cup heavy cream
- 1-tablespoon fresh parsley, chopped
- 1/4-cup grated parmesan cheese, + a few tbsp for garnish
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS:

1. Cook the fettuccine according to product directions.
2. The mushroom sauce is cooked as the pasta cooks. Then you need to melt 1-tbsp butter over medium heat in a wide saucepan with 1-tbsp olive oil.
3. When cooled, add the shallots and garlic, and cook until softened for a few minutes or so. Add the sliced champignons and stir them to cover them with butter and olive oil.
4. If required, add an extra spoonful of olive oil if the mushrooms get too dry. Let them cook for about 8 minutes, and brown them.
5. Now you have to start pouring the balsamic vinegar into the pan and keep stirring it together to ensure all the browned bits at the bottom of the pan are scraped.
6. Add the other butter spoonful. Start cooking it all together for a few minutes, switch off the heat and push the pan off the burner.
7. Pour in the parmesan cheese and cream, and stir to combine. Add the cooked fettuccine to the sauce and combine to toss.
8. Stir in the new parsley, season with salt and pepper. Finally, you are left with serving parmesan cheese sprinkled over the top.

NUTRITION FACTS PER SERVING:

- Calories: 604
- Protein: 17.9g
- Carbohydrates: 57.7g
- Sodium: 806.8mg
- Cholesterol: 73.8mg
- Sugar: 11.1g
- Fat: 34.2g

141. Copycat: Spanakopita Penne Bake





Preparation Time: 15-minutes Cooking Time: 25-minutes Servings: 8

INGREDIENTS:

- 1 lb. penne
- 2 10-oz. boxes of frozen chopped spinach
- 1 c. crumbled feta cheese
- 1/4 c. loosely packed dill, chopped
- 15 oz. part-skim ricotta
- 1/2 tsp. salt
- 8 oz. part-skim mozzarella, shredded

DIRECTIONS:

1. Cook penne guides for half of the time mark, adding spinach and reserving water for 1/2 cups just before cooking.
2. Combine dill, feta, ricotta, and butter.
3. Start combining the cheese mixture, penne, & reserved cooking water; uniformly spread over the 3-quarter baking dish—top on mozzarella.
4. Finally, you need to cover with foil and start baking for 25 mins at 400 degrees F. Uncover and bake for another ten minutes.

NUTRITION FACTS PER SERVING:

- 435 calories

- 4 g fiber
- 26 g protein
- 620 mg sodium
- 51 g carbs
- 15 g fat (9 g sat)

142. Copycat: Pasta And Broccoli



Preparation Time: 3-minutes Cooking Time: 12-minutes Servings: 6

INGREDIENTS:

- 2-tbsp olive oil, divided
- 6-1/2 cups fresh broccoli florets, no stems
- kosher salt & fresh cracked pepper
- 5-cloves garlic, smashed & chopped
- 12-oz uncooked pasta, use brown rice/quinoa pasta for gluten-free
- 1/4-cup grated Parmesan/Romano

DIRECTIONS:

1. Take a big salted pot of water to a boil.
2. Start adding the pasta & broccoli at the same time when water boils, and cook for al dente according to pasta instructions.
3. Once pasta is cooking almost finished, reserve approximately 1 cup of pasta water and set it

aside.

4. Drain broccoli and pasta. Bring the pot to the stove and raise the heat to high; add 1 tbsp of olive oil, add the garlic when heated.
5. Cook until golden, reduce to low flame and add pasta back to the pot.
6. Mix well, add remaining olive oil, rubbed cheese, salt, and pepper to taste well, mixing and breaking any large broccoli pieces.
7. Add 1/2 cup of water reserved for pasta and mix well, adding more if necessary. Serve sideways in pasta bowls with extra grated cheese.

NUTRITION FACTS PER SERVING:

- Calories: 289kcal
- Fiber: 5g
- Protein: 11.5g
- Sugar: 1g
- Carbohydrates: 48g
- Fat: 7g
- Sodium: 104mg

143. Copycat: Wholewheat pasta broccoli & almonds



Preparation Time: 5-minutes Cooking Time: 15-minutes Servings: 2

INGREDIENTS:

- Zest 1 lemon
- 1-red chili, deseeded & sliced
- 25g-flaked toasted almond
- 2-tbsp extra-virgin olive oil
- 250g-wholewheat spaghetti
- 3- thinly sliced garlic cloves
- 300g-thin-stemmed broccoli, cut into pieces
- Parmesan shavings to serve

DIRECTIONS:

1. Take a large slice of salted water to a boil. In a large frying pan, heat the olive oil.
2. Remove the chili and garlic, and cook until golden at low pressure. Take off the sun.
3. Start adding the pasta to the water & cook according to directions on the packaging. Remove broccoli in the final 4 mins of cooking.
4. Drain and tip into the garlic saucepan until cooked.
5. Remove the almond and lemon zest, and mix well together.
6. Serve in bowls, with shavings of Parmesan on top.

NUTRITION FACTS PER SERVING:

- kcal 638
- protein 26g
- sugars 6g
- salt 0g
- fat 23g
- saturates 3g
- carbs 82g
- fiber 16g

CATEGORY 21 RECIPES-- I HOP.

144. Copycat: Pumpkin Pancakes



Preparation Time: 10-minutes Cooking Time: 35-minutes Servings: 4

INGREDIENTS:

- 1- $\frac{1}{4}$ cups buttermilk
- $\frac{1}{4}$ teaspoon of ground cinnamon
- 2-eggs
- $\frac{1}{2}$ teaspoon of baking powder
- Nonstick spray
- $\frac{1}{4}$ teaspoon of ground allspice
- $\frac{1}{2}$ teaspoon of baking soda
- 1- $\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{4}$ cup of granulated brown sugar (regular sugar works as well)
- $\frac{1}{4}$ teaspoon of salt
- 3-tablespoons of canned pumpkin
- 4-tablespoons butter

DIRECTIONS:

- 1) Take a frying pan and coat it with cooking spray, then place it over medium heat.
- 2) Take a large bowl & an electric mixer to blend the

eggs, buttermilk, butter, pumpkin, brown sugar, and sea salt. Blend until you get a smooth mixture.

- 3) Start mixing the remaining ingredients in a small bowl. For the wet ones, add the dry ingredients and blend with a mixer over medium speed (or manually stir) until you get a smooth mixture.
- 4) Pour $\frac{1}{3}$ cup portions of the batter into the hot pan.
- 5) When there is no more bubbling on top of the pancake, and you notice the edges starting to harden, then it's time to flip the pancake. When they are dark brown, they are properly cooked on that side. This process can take between 1-3 mins.
- 6) Now, you need to start flipping the pancakes & cook it on the other side for about the same amount of time until it gets brown.
- 7) Repeat this process with the rest of the batter until you get between 8 to 10 pancakes.
- 8) Serve with a topping of your choice (it can be maple syrup).
- 9) Tip: Be sure to use canned pumpkin for the right texture.

145. Copycat: Corn Cake Pancakes



Preparation Time: 10-minutes Cooking Time: 45-minutes Servings: 4

INGREDIENTS:

- 2-eggs
- $\frac{1}{3}$ cup of salted butter
- $\frac{1}{2}$ teaspoon of sea salt
- Nonstick spray
- $\frac{3}{4}$ cup of buttermilk
- 1 cup of whole milk
- $\frac{2}{3}$ cup of granulated brown sugar (regular sugar works as well)
- $\frac{1}{2}$ teaspoon of baking soda
- 1-teaspoon baking powder
- 1 $\frac{1}{2}$ cups of all-purpose flour
- $\frac{1}{3}$ cup of cornmeal
- Toppings:
- Maple syrup
- Butter

DIRECTIONS:

- 1) In a medium bowl, blend in the salt, baking powder, baking soda, cornmeal, and flour.
- 2) Use another medium bowl and an electric mixer to whisk the eggs and sugar on medium speed for about 30 seconds. Add the melted butter, buttermilk, and milk, and continue to mix well.
- 3) Into the wet ones, combine the dry ingredients, and whisk with the mixer until you get a smooth batter. Leave the batter to sit down for 10 mins.
- 4) Take a large frying pan, coat it with nonstick spray, and place it over medium-low heat.
- 5) Take portions of $\frac{1}{4}$ cup of batter and place them into the pan—Cook 2-3 mins per side, or until they start obtaining golden brown color. Repeat the process with all portions.
- 6) Serve the pancakes by adding maple syrup and butter on the side.
- 7) Tip: You are free to use either white or brown sugar, but brown sugar will give you a darker colored corn cake.

146. Copycat: Harvest Grain Nut Pancakes



Preparation Time: 10-minutes Cooking Time: 45-minutes Servings: 4

INGREDIENTS:

- 2-teaspoons baking soda
- ¼-cup granulated brown sugar
- ¾ cup of Quaker oats
- 3-tablespoons finely chopped walnuts
- ⅓ cup of all-purpose flour
- 3-tablespoons finely chopped blanched almonds
- 2-eggs
- ¼ cup of vegetable oil
- ⅓ cup of whole milk
- 1-teaspoon baking powder
- ½ teaspoon of sea salt
- 1-¼ cups buttermilk
- ¾-cup whole wheat flour

DIRECTIONS:

- 1) First, you need to coat a frying pan lightly with vegetable oil and then place it over medium heat.
- 2) Secondly, you need to use a blender or food processor to grind the oats until they look like flour.
- 3) Take a medium bowl and start mixing the whole wheat flour, oat flour, baking powder, all-purpose flour,

baking soda, and sea salt.

- 4) Take another bowl to blend the oil, eggs, milk, buttermilk, and granulated sugar until you get a smooth mixture. An electric mixer will get the job done for you.
- 5) Mix the wet, dry ingredients, add the nuts, and start stirring well by hand.
- 6) Take the $\frac{1}{3}$ -cup batter and place it in the frying pan. Keep cook for 1-3 minutes per side, or until it gets brown.
- 7) When pancakes are cooked, they can be served with maple syrup or a topping of your desire.
- 8) Tip: You should ensure that the nuts are evenly chopped and don't bite into any large ones.

147. Copycat: Banana Macadamia Nut Pancakes



Preparation Time: 10-minutes Cooking Time: 15-minutes Servings: 4

INGREDIENTS:

- $\frac{1}{4}$ cup of dark brown sugar
- 1-teaspoon butter flavoring
- $\frac{1}{2}$ cup of granulated sugar
- $\frac{1}{4}$ teaspoon of imitation rum flavoring
- $\frac{1}{3}$ cup of water
- $\frac{1}{2}$ cup of light corn syrup
- Pancake Ingredients:
- 6-tablespoons macadamia nuts
- $\frac{1}{4}$ cup of butter
- Nonstick spray

- 24 to 27 banana slices (1 to 1 ½ banana should be enough for these slices)
- 1 cup of 2 mashed ripe bananas
- 1 ½ cups of all-purpose flour
- ¼ teaspoon of salt
- 1 ½ cups of buttermilk
- 1-egg
- ¾ teaspoon of baking soda
- ⅓ cup of granulated sugar
- Garnish:
- Canned whipped cream
- 6-tablespoons chopped macadamia nuts

DIRECTIONS:

- 1) First, you need to place a small saucepan over medium heat and mix sugar, corn syrup, and water for the rum-butter glaze. Stir until the sugar dissolves, and the glaze starts to boil. Simmer for 1 minute, then turn off the heat, add the rest of the ingredients, and put aside.
- 2) Take a medium bowl and mix in the baking soda, flour, sugar, and salt.
- 3) Use a large bowl to whisk the egg with an electric mixer. Add in the mashed banana, butter, and buttermilk. Mix the wet ingredients with the dry ones until you get a smooth mixture or batter.
- 4) Then, take a large frying pan and place it over medium heat. Coat the pan's surface with nonstick spray, take ½ cup portions of the batter, and put them in the hot frying pan. Take three banana slices and press them onto each pancake. Sprinkle 2-teaspoons chopped macadamia nuts on it.
- 5) Keep cooking the pancakes for up to 2 minutes, or until they are golden brown, and now is the time to flip them over to start cooking on the other side for about the same period. You can serve them drizzled with just rum-butter glaze, or you can also sprinkle an extra tablespoon of chopped macadamia nuts and some whipped cream on top.
- 6) Tip: You may be tempted to skimp on the bananas, but don't because they are one of the best parts.

148. Copycat: Healthy Harvest Grain Nut Pancakes



Preparation Time: 10-minutes Cooking Time: 65-minutes Servings: 4

INGREDIENTS:

- 3-tablespoons almonds, finely sliced
- 3-tablespoons walnuts, sliced
- Syrup for serving
- $\frac{3}{4}$ cup oats, powdered
- $\frac{3}{4}$ cup whole wheat flour
- 1-egg
- $1\frac{1}{2}$ cup buttermilk
- 1-teaspoon olive oil
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{4}$ cup sugar

DIRECTIONS:

- 1) Heat the oil on medium heat.
- 2) As the pan preheats, pulverize oats in a blender until powdered. With flour, baking soda, baking powder, salt, and add the powdered pulverized oats. Mix well. Add buttermilk, oil, egg, and sugar in a separate bowl.
- 3) Mix in wet ingredients with dry ingredients, then adds

nuts.

- 4) Scoop $\frac{1}{3}$ cup of batter and cook in the hot pan for at least 2 minutes or until both sides turn golden brown. Transfer onto a plate, then repeat for the remaining batter.
- 5) Serve with syrup.

149. Copycat: Blueberry Pancakes



Preparation Time: 10-minutes Cooking Time: 35-minutes Servings: 4

INGREDIENTS:

- 3-tablespoons quick-cooking oats
- 1-teaspoon vanilla extract
- 3-tablespoons cornmeal
- 1 cup of all-purpose flour
- 1 cup of fresh or frozen blueberries
- 2-tablespoons canola oil
- 1 $\frac{1}{2}$ cups of buttermilk
- 1-large egg
- 1-teaspoon baking powder
- Dash of ground nutmeg
- $\frac{1}{2}$ teaspoon of salt
- $\frac{1}{2}$ teaspoon of baking soda
- 3-tablespoons of sugar

DIRECTIONS:

- 1) Whisk together the cornmeal, flour, oats, sugar, baking powder, baking soda, salt, and nutmeg in a large bowl. In another bowl, whisk the vanilla, oil, buttermilk, and eggs until you get a smooth mixture. Add the other mixture to the buttermilk and eggs and stir until the mixture is moistened. Let the batter stand for 15 mins.
- 2) Lightly grease a frying pan with oil and place it over medium heat. Stir the blueberries into the batter, take a portion of $\frac{1}{4}$ cup of batter, and put it into the pan.
- 3) Cook it until it bubbles on top and starts to turn golden brown on the bottom. You can then flip the pancake over and cook it for about the same amount of time until it turns golden brown on the bottom as well. You need to repeat the process with the rest of the portions.
- 4) Tip: Either fresh or frozen blueberries can be used, whatever is most convenient for you.

150. Copycat: Country Omelet



Preparation Time: 10-minutes Cooking Time: 35-minutes Servings: 4

INGREDIENTS:

- $\frac{1}{8}$ teaspoon of sea salt
- 2-tablespoons diced white onion
- 3-eggs
- 3-tablespoons cooked shredded hash brown potatoes
- $\frac{1}{2}$ tablespoon of butter
- $\frac{1}{4}$ cup shredded Cheddar cheese

- 2-tablespoons diced cooked ham
- Garnish:
- 2-tablespoons sour cream

DIRECTIONS:

- 1) Take a 12-inch electric skillet and heat it to 275 degrees. Then preheat the oven to 300 degrees.
- 2) Whisk the eggs and some sea salt in a separate bowl for approximately 30 seconds, then add white onion and the diced cooked ham and stir.
- 3) Put ½ tablespoon of butter inside the skillet, let it melt, gently pour in the egg mixture, and swirl the skillet around, so the egg mixture coats the bottom evenly. Make sure you distribute the onion and ham evenly by using a spatula.
- 4) You can fry the eggs between 4 to 6 minutes until you notice the omelet is firm.
- 5) Next, you will need to fold over 1-inch at the omelet's top and bottom. Sprinkle some shredded cheddar cheese on the omelet.
- 6) Now, you need to place 3-tablespoons cooked hash brown potatoes on top of the cheese. Then use a spatula to roll the eggs over the cheese and potatoes, starting from the left. Roll the omelet two more times, take the omelet out of the pan and place it into the oven.
- 7) Sprinkle more shredded cheddar cheese (2 tablespoons) on top of the omelet and leave it in the oven for approximately 2 minutes or until the cheese melts. If you cook a second omelet, you can lower the temperature to 200 degrees, just to have the oven ready for the second omelet.
- 8) Finally, add 2-tablespoons of sour cream to the top of the omelet and enjoy it!
- 9) Tip: For Step 5, I encourage you to choose the location where you want to sprinkle the cheese, although the IHOP way is to sprinkle it about one-third from the left side of the omelet.

CONCLUSION

If you have ever prepared any of the foods given in this book, there is hope! It is super easy to cook quality cuisine in your kitchen if you apply some tricks. These are tricks that may not seem so strong on their own but can transform how you prepare and produce food when they are all used together. These tips help you cook at home like a pro.

It is wonderful to spend time with family and friends. It can prevent loneliness associated with heart disease, depression, and dangerous illnesses. You need little effort to start cooking and become social. Have your children go to the kitchen with you give them simple tasks when they are young. Don't forget the social benefits that you get when your meal is ready. Many people are happy to offer homemade foods to their friends and family at different events. Your food relates to your smiling face and returning desire.

With time and practice, you improve your skill that results in feeling more comfortable while cooking. It will build friendship between you and your partner as both of you are now more involved in food preparation and may be motivated to invite others to share the dishes you have prepared. Furthermore, cooking can be a relaxing activity that you can enjoy yourself.

For many people, cooking is fun. Cooking is a passion that you share with your friends and with those you love. It is a safeguarded gesture that risks being set aside for the chaotic and hectic life we live for the needs related to the short time. Today, we prefer fast foods that are ready meals or a paltry packed lunch for a healthy and pleasant family meal. These are not our faults but a necessity today.

Hopefully, these recipes have given you many useful tips and tricks on how to recreate your favorite restaurant dishes at home. The book will inspire and motivate you to cook meals from your home's comfort. You don't have to dine out to satisfy your cravings for these popular dishes. You will know what your food went through before arriving at your plate. This way, you will have saved a few bucks in the process. Maybe the next time you decide to dine out, you'll dine in instead.

If you have started cooking yourself, you have started saving your money and time. You will learn the art of having control and

customize each meal. You will become more creative to adjust your homemade meals in terms of taste and your favorite ingredients.

MESSAGE TO READERS

Finish here this food guide, and the collection of recipes prepared for you, to support you in this extraordinary path of self-improvement that you have decided to undertake. I am sure that you will invest the best information you have received and excellent results.

As you can see, taking care of your diet does not mean eating without flavors and colors. The meals you are offered are also sharing with the whole family or friends; sharing a lunch or dinner means sharing happiness.

And I'm sure it will also benefit your body during the next few weeks.

Exercises for your body are always and anyway a fundamental part of the process; what matters most is to make movement and be consistent in this respect. Physical activity is essential! It does good emotionally, improves our appearance giving us greater self-esteem, and prolongs life.

Thank you very much for choosing this guide. I hope that it has helped you achieve your goals, that it has made you more prepared to begin this journey, and given you the right stimuli and strong motivations to fulfill all your dreams and in your wonderful life.

If you wish, you can help me better spread this guide by inserting your positive review on the page you bought this book.

You can also search for the other books in my collection, within my author page or only by entering my name in the search bar.

I wish you the best!

Karen Loss